HIGHER VIBRATIONS FOR HEALTH, HAPPINESS, AND HARMONY

A program that shows you how to take charge of your life

BRIAN WITHERS

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Use of this Program

This program is setup as a complete self study guide to show you how to change, and take charge of anything in your life. That being said, when you go to school, you often consult with the teacher to understand or reinforce a concept. When you are on a sports team, you have a coach to help solidify your understanding of a new play. When you are learning to play music, an instructor can assist with progress, technique and direction and greatly enhance the learning process. Learning and applying what is in this program is no different. For that reason you may want to schedule a session with me anytime you feel the need for support or assistance with the process. See my contact information on my website at www.highervibrationsnow.com.

What is interesting about this program, which is different from academic educational programs, teams and music, is that they are specialized knowledge that you use in some part of your life; what you will learn here you will use in every part of your life. You will use it in your studies, on your teams, in your relationships, in your career, in every choice you make. What this means is that while you operate your life as you have been doing, you need to, at the same time, transition to the new way of using your mind. That can make it quite a challenge. For example, you most likely tie one shoe before the other; for the next 5 days, switch and tie the other shoe first. Watch how closely you have to monitor yourself so that your old habit does not take over without you even realizing it. That's just a shoe tying habit! Think about all the habits you have accumulated in your thinking and

acting. This, along with learning new concepts is why you may find a coaching session now again to be helpful.

If you choose to work with someone who is going to charge you a fee to help you work though this program, be sure that they show you their approval to do so. I issue an approval certificate to coaches and practitioners of personal empowerment for life changes to use this program for compensation as follows: 1) They have demonstrated through either experience and / or education that they are committed to helping others improve some aspect of their life, 3) Have completed the Higher Vibrations Program 4) accept, agree with and practice the concepts of empowerment as presented in this book 4) will use this program in the spirit intended, which is for the strict purpose of helping others to be empowered and take charge of their life independent of any other person.

Dedication

I have had many loving people in my life and am so very thankful for their presence and inspiration. I am also so very grateful for those who came as seemingly antagonists, for as I have learned, they brought me great insight about myself that really helped me to move forward and closer to who I really am. I always liked the expression “those with who you are at the greatest odds are the ones to be most thankful for”. Between those that have helped me learn about myself and those that have been there to pick me up when I fell, this program is inspired and made possible by you.

Of special note, I am eternally grateful for my late wife Barbara. From the great void left in my life by her passing, it stripped me down to my soul and awoke a purpose in me. That purpose was to understand the cause of what happens in our life and take charge of it. This would allow me to help others avoid such a fate and the devastation to families, friends and communities that comes with it. Secondly, my late father who showed me some of the most important personal qualities that I continue to aspire to and that have served me so well in my life, they are 1) no matter what you are confronted with you can find a way, never give up 2) do your best, give it your all and 3) never walk over anybody to move your self forward, always move forward with grace and dignity for all. He did not tell me about these things, his teaching came in the form of what I observed of his actions. Thirdly, for the many simple, but very profound messages of the late Maharishi Mahesh Yogi. I found he had a way of turning many spiritual messages into practical life practices. The knowledge he spoke of expanded my awareness about who I really am.

I would also like to thank those who have gone through this program during its development. Each person helped to make it more effective and complete. I like the phrase ‘you are always both the student and the teacher’. This has certainly been true for me, as in working with others, I continue to learn to be a more effective coach and also continue to be inspired to develop increasingly practical methods and strategies to help others take charge of their life.

Lastly, this book is dedicated to those who are looking for answers to challenges in any area of their life, those who have a feeling that there is a better way but just not sure what it is, those who feel as though something is missing, those who feel there is a calling for them but not sure how to get to it, those who dare to step out from the masses to endure the discomfort of leaving their comfort zone and to hold the courage to wonder into seemingly unknown territory. In short for those wanting to follow their heart and feel good about life but not sure how to get on the road. To all of you, knowledge and awareness is inspiration, practice is freedom. This program is intended to provide both.

I can assure you, if you stick with your pursuit of something greater, you will find it, a world of wonder, the likes that may well be beyond your wildest imagination. You are an amazing being with incredible power.

About the Writing of this Program

My journey that led me to these writings started in the area of health; however, what I have discovered about the underlying cause of dis-ease applies to the cause of what happens in all areas of life. Whether you have an issue with health, relationships, financial affairs, career or anything else, this program addresses all areas of life. This information applied in one area of life will have equal success if applied in any other area of life. Additionally, you will come to understand that in moving to a life of personal fulfilment, you influence harmony in the world around you, and life on this planet moves towards peace and fulfilment for all. Just like a beautiful painting is composed of hundreds of perfect individual brush strokes; each of us represents a stroke on the painting of humanity. The more we, as a stroke of that painting, are in harmony with our true nature, the more beauty is this picture of humanity. Each of us hold the power to determine how we will appear on this painting.

I would also like to say that although I wrote this material, I believe it is the expression of a power greater than me, something that came through me rather than originate in me. I do believe there is a power that has in its essence, the intention for all of us to live a fulfilling life; therefore, it provides a unique expression through each of us that causes that realization. In fact, an important part of this program is how to connect with that unique and natural expression. I believe our disconnection from it is one key reason there is disharmony in our life and on this planet.

My Story of Inspiration

At age 27, my wife died of cancer. I was left with my oldest son who was 2 years of age at the time. Up to that point, I had not really known much about disease, I was always active and fit and she was as well. I simply was not confronted with illness of any great significance.

From the time of her diagnosis until her death, it was a 16 month span of time. Sixteen months with several surgeries, drugs, hope and prayers, reading and looking into any possible treatments that would make a difference. I talked to anyone I thought may be able to help and followed up on anything that anyone suggested. In the end, nothing in my life, nothing in my scope of knowledge, nor any of the knowledge or experience of all the professionals, both conventional and alternative, that I had contacted, had any impact. No one that I knew of had an answer.

During these 16 months I was so completely consumed with finding a solution, and believed I would, that I never gave much thought that she would die, so when that day came, I experienced a depth of grief that I can not begin to explain. The only tools I had for coping with my grief were the ones I had learned about when looking for a solution for her. These tools were new to me but were helpful and as it turns out, the seeds that led me to much more information, a new way of thinking, a desire and purpose to help others and the writing of this program.

After her death it took some time for me to collect myself and once I did I began to think about what I had just experienced. Sixteen months of watching the person I planned on spending my life with virtually disintegrate in front of my eyes; watching the pain and suffering she endured as life slowly drained away from her, stripping her of all human faculties one by one. Of all of the atrocities that have ever taken place on the planet, I don’t know that any produced such a slow, relentless, torturous

demise of a human being. And I was helpless, why was I helpless? But not only me, professionals with years and years of experience in medicine, they were helpless. Why were they helpless? Everyone I went to, people I knew and people that I didn't know, they were all helpless. How could such a thing happen to the human body, the human being and everyone be so helpless to do anything about it? In the end she could have skipped all of the pain and suffering that went with drugs and surgery, as I know now, they alone were not going to help her. Any solution that does not encompass the whole human being of mind, body and spirit, is limited at best. Any solution that does not approach healing from an energy perspective is simply missing a critical component of the healing process.

I am thankful for everyone that was part of helping her to be well again. I do believe their heart was in the right place, but as I have come to learn, there is a major piece of knowledge missing from our formal education in terms of what it takes to truly heal, not just health, but all areas of our life. I might say this differently and say, the piece of information that teaches us how to really live a life of fulfilment in mind, body and spirit is missing from our formal education system and therefore we don't know how to achieve it. To test this statement, what percent of people live beyond 60 and of that percentage, how many have a high level of satisfaction with their health and wellness and life in general?

It's interesting how death can bring out different things in different people, for me I was determined to understand what happened, I have always been that way, to understand why things are the way they are. Certainly why everyone including me was so helpless to understand what happened to her and what the remedy was, I really needed to know. Something about it felt very wrong, how could a planet with so much intelligence, beauty, and

magnificence have life end in this way, what are we missing? I believed if I could find answers and could help only 1 person in my life time to avoid such a fate, it would be worth a life time of researching. To be able to help a person change course and avoid the devastation that comes with disease. I believed there had to be some underlying reason for dis-ease, and I became very determined to find it.

I found that there are many approaches to healing the unwanted issues in our life. I also found that many people have healed various areas of their life using these various approaches. However, I also found that not every approach worked for everyone that used it. For this reason it was my intent to build a program which included, what I believe are the root common elements of not only healing, but changing any unwanted experiences in our life into wanted experiences. It seemed to me that since we are all human beings there must be some common thread that runs through us all, a thread that if we learned to utilize we could take charge of what happens in our life. The common thread I found was that we are first and foremost energy beings (with a physical body). This of course led me to realize that living from the perspective of an energy being completely changes the way life can be lived. Rather than seeing life as something that happens to us, we see it as something we cause to happen.

This experience of Barbara’s death taught me many things and one was that there is more than one way to look at anything, regardless of what kind of unwanted situation arises. I have learned that if you will look, you will always find something good in anything, it may be the smallest glimmer of light, but that light will lead you to something greater. Whether it is disease, pain or dissatisfaction, rather then seeing it for what it appears, look for the

opportunity, how can the situation be used for something good, to see something in a new way or change to a new direction.

I believe what is most sad is if we focus on the negative of a situation and miss the opportunity to improve life. If we don't look for the opportunity then we are not learning, we are not moving forward, we are not looking for ways to increase the quality of life but accepting and staying stuck in what is. For me, it took a while but I did see the opportunity. It was to learn and spread the information that helps us understand who we truly are as a human being, our innate powers and abilities. That success, health, happiness and fulfillment are not something we need to find or manufacture but simply things for us to express and live as they are inherently who we are. Also, I could see that it was important to help people understand that we have been (unintentionally) trained to use our power against our selves and therefore, unknowingly, cause those things we don't want in our life or prevent our self from experiencing the things that we do. Once we "wake up" and realize how we are causing what we don't want, we also "wake up" and realize that we can cause what we do want. In this spirit of looking for the good and finding the opportunity, death, dis-ease or any dissatisfaction can serve as a catalyst to raise the quality of life on this planet, and that is a beautiful celebration.

Not that I needed more inspiration to follow this path but I also lost my mother, father, older brother and sister at middle ages to disease. Each one carried its pain but made me dig in my heals with determination to know that life is not random, that it cannot be true that we have little say about our health or the quality of our life and mysteriously succumb to death, disease or various dissatisfaction without rhyme nor reason. I did of course find out why that is not true but still to this day these concepts, as far as I

know, are not taught in our education system. For example, the book by Maxwell Maltz, Psycho Cybernetics written in the 1960's has so much vital information on these concepts of who we really are but they were all new to me when I read the book long after school. They are very straight forward concepts and it amazes me that they have not been adopted as part of the teachings of children from the beginning. By going through this program you will clearly understand these and other concepts along with some universal laws and truths that we did not get, but absolutely need to really achieve a long life of health, happiness and abundance. Without them we are simply walking around blind folded and so much of life, unbeknownst to us, is lived by trial and error.

In this program is what I have found after years and years of studying a great deal of material, personal experiences, writing and coaching work. It became very obvious that there is an inner world within each of us and that what happens in that inner world is the cause for virtually everything in our life. There are laws of the universe that operate and govern everything whether we know about them or not, or believe them or not. They operate as precisely as the law of gravity. They govern what our life is and what it is not. They hold the secrets of why we live life in a state of fulfillment or lack or somewhere in between. My journey has shown me that our formal education is based on the world around us and very little about the world within us, and it is this inner world that holds the keys to our outer life. What I intend for this program, is not only to provide the knowledge that I believe is missing from our education, but how to implement this knowledge into your daily life through weekly exercises and apply it. This will allow you to use your inner world of power to intentionally attract good into your life and positively affect the lives of everyone around you.

Higher Vibrations

You may be wondering how the title of this book, Higher Vibrations, has anything to do with health, happiness and harmony or even what is meant by higher vibrations. Think of it like this, let's say you have a ring on your finger and for some reason it is quite a challenge to get it off. If you put a little cooking oil on your finger and get it around the ring, you may notice that the ring slides off quite easily. Higher vibrations do for your life what the oil does for getting the ring off of your finger, they will make your life flow much easier with experiences that feel good and bring you easily and effortlessly together with what you desire. Think of low vibration as stuck, dissatisfied, unfulfilled and high as moving, satisfied and fulfilled.

So what is a vibration? You will get a good understanding of what a vibration is as you go through the program, but basically, every "thing" is a unique frequency of energy (a vibration) and this includes each emotion, that's right, your invisible, I can't touch them emotions. Think about it, even though you can't touch an emotion, did you ever have tears of joy? Did you ever think about how tears, things that you can touch, came about from an emotion that you cannot touch? How is it that joy turns into tears?

It is a law in our universe that like energy frequencies (vibrations) attract, and this is often referred to as the law of attraction, therefore the higher your vibration the more quality of life you attract to yourself and positively influence the community around you. And know this, your vibration is naturally high; it will stay high if you do not pull it down with negative feeling thoughts. Happy and peaceful energy will attract happiness and peace into your life. Angry and fear based energy will invite the like. One

key to living the life you desire is becoming aware of your energy vibration all day long. The vibration associated with each moment has an effect on what you will experience in your life. One thing I want to impress upon you throughout this program, particularly in as far as the unpleasant experiences you may have in your life, or not having the experiences that you do want in your life, is to ***look at everything from a vibrational point of view rather than a circumstantial point of view***. You will be amazed at how much power you have to change the results in your life if you will do this. For example, if someone acts towards you in an unpleasant way, if something does not turn out the way you wanted or if you catch that voice in your head being unkind to you, just see it as the manifestation of vibration. In this way you can work with it so much easier without taking things personally or getting emotionally involved in a negative way (which as you will learn, causes more of what you don't like). By simply acknowledging what is happening as a vibration, and then using the tools in this program, you will learn that you can change your life by changing your vibration and ultimately, take charge of your life. That means improved experiences in every area of your life from relationships, to career, to finances, to health and everything else: all by simply looking at things in a new way.

Consider this, if you were to tell me about the way someone treated you that does not feel good, you are not telling me nearly as much about them as you are telling me about you. In all that you say about them, all I hear is you telling me about a vibration you have chosen, which has now resulted in this experience. Any time you go to a negative feeling about an experience it simply means you have more work to do within you in terms of understanding how to release resistance and therefore raise your vibration. You always have the choice to hold on or shift away from a negative feeling. You always have a choice to see it as an opportunity to rise above it

or get entangled in it. To rise above will cause you to attract more of what you want; to get entangled will cause you to keep attracting the type of experience you do not want. Many times we take circumstances at face value rather than looking to the deeper vibrational message, but once we do, the difference is simply life changing. Leaning to live your life from the perspective of finding ways to match the feeling (vibration) of what you want rather than basing your feelings on the appearance of things is a huge part of what you will learn in this program, and really the key to allowing everything you desire to manifest in your life easily and effortlessly.

By the time you read, answer the questions and go through the exercises in this program you will know very clearly what high vibrations are and how they are essential to living life with balance, excitement, joy, peace and fulfillment in all areas.

To see where you are with your vibration right now you may want to go to my website and complete the Vibration Indicator Questionnaire at http://highervibrationsnow.com/?page_id=92. This can be very helpful to identify low vibration areas and track your progress of increasing your vibration. Just imagine the difference in a life area that has a vibration level of 2 and one that has a vibration level of 8 (on a scale of 10). You know that these would be two very different lives.

The Intention of This Program

The principles and concepts you will find in this book are well proven and there is a list of references at the back for you to consult for greater support and understanding of this material. I do not spend any time proving that the laws of the universe I refer to in the program, they have been proven, and as you study this program and perhaps some of the other reference material;

you can easily prove them to and for yourself. Think of it like driving a car or using some piece of machinery or appliance. You may not be able to build and service that item, but you know there is an effective way to use it and an ineffective way to use it. Knowing the mechanics are not necessary to be a proficient user, it is sufficient that you know it is a sound working item. Your job is to use it properly. So it is with the universal laws that govern everything, we simply need to understand them and trust them and then learn how to use them for our good and the good of all. The book E squared by Pam Grout is an excellent resource to help you understand and prove the universal laws referred to in this program.

In order to help you become a master of using your power and working with the laws of the universe to be the intentional creator of your reality, the intention of this book and program is as follows:

- To cement you in the truth about your power and who you really are as an energy being.
- Identify with your true desires, your ideal life and effectively telling the story you want to live.
- Help you to understand what a high vibration is, how to maintain it and what it does for you
- Effective action as an energy being in a universe of vibration.

These are actually the four areas of mind mastery (and therefore vibrational mastery and life mastery) that the program is ultimately showing you how to achieve. There is a focus on this in Week 19 of the program. Mind mastery simply means intentionally choosing what you think about, how you think about it and how you feel about it regardless of circumstances or conditions. In means to be aware of what you are feeling, acknowledge it and if it is negative, shift it. When you do this, you are intentionally setting

your vibration as you will come to understand. When you intentionally set your vibration, no matter what is going on or has gone on in your life then you are the master of your mind and you will intentionally cause what you want to experience to be attracted into your life. On the contrary when you allow the way it is and the way it has been to be the source of what you think about and how you think and feel, now you are allowing circumstances to dictate your vibration and that will cause you to re-attract those same circumstances. This is not mind mastery but thinking by default and therefore attracting by default. Further if you deny having negative feelings and try to use positive words to cover them up, you are not using your emotions as the guidance system they are intended to be to let you know you need to shift your thoughts to ones that put you in a better feeling place, a high vibration place. This is paramount to understand and apply if you want to live a fulfilling life because the universe does not hear your words, it hears how you feel.

This program will show you that you have a power within you that is greater than anything around you. It will show you that there is a way to deal with anything in your life and make it more preferable and pleasant. It will show you that there is a way for you to be the master of your life in all areas, and therefore live the life of health, happiness and abundance that nature intended.

It is my intention for this program to be a virtual human beings user’s guide. It is setup not only for you to understand why your life is the way that it is, but show you how to use your power for greater life and fulfilment in all areas. Learning to use the power of your mind will enable you to be a master of your mind and therefore your life. This is an educational program with exercises for you to do and questions for you to answer in each

section. The questions are intended for you to really connect with the information, really have it sink in. The exercises give you a way to put it into practice so you can see how it is used in your every day life to enable you to attract the life you desire. You will gain the awareness and tools needed for personal transformation.

Think about this, doesn't everything we buy pretty much come with a users guide, how else would we know the intended and proper use, the proper care and maintenance from those who created it. Doesn't it make sense that there would be a users guide for this virtual machine we call the human being. Have you ever seen a person use something they know very little about without consulting the user's guide? Have you seen the results that come from that? Have you ever used something strictly according to the way you have been taught by another who got their information handed down over generations? Then one day, because of some challenge, you consulted the manual, only to realize that the way you were taught was basically incorrect, missing a few steps and essentially ineffective; and that there is so much more the thing can do and so much more effectively.

Our mind, our greatest power; we are using it according to hand-me-down information from people who didn't know how to use it! Look at the history of the human race, I don't need to tell you about how much pain and suffering has been experienced on this planet and still is. Could it be we are living by trial and error because we really don't know how to use this human being machine properly, and therefore we are using it improperly? Could that be the underlying reason for the dissatisfaction, pain and suffering that we see happening to so many lives and what is happening on this planet? I suspect this will become evident as you work through this program. Just imagine all of the things we use in our world and using them

in a way that was not as intended, imagine the disastrous results. Imagine using a metal grinding machine with no eye protection and in the area of flammable fumes. Even something as simple as fire, it can be used to heat a house; it can also be used to burn it down. Proper use is the difference. If you want to see what happens when people use things improperly, look up a show called “What were they thinking”. Now imagine if we are using our mind in such an improper and unintended way, could that also be disastrous to the satisfaction we get in our life and to our health.

Getting Results

With regard to getting results from this program, if you want to move any part or multiple parts of your life from where it is now to something more preferable you are going to have to dedicate and commit to the daily time needed for this transition. That commitment will only happen if you decide to make it a priority; that is, identify if it is really important to you. I do realize that everyone has to keep living life, you can’t stop your business, quit your job, forget about your spouse and kids and go to school on this material all day long, I get that. For this reason the program has been divided up into 20 weekly sessions that are designed to fit into each day. Setting up the sessions as a 1 week unit gives a target and causes you to work to it. As you will see in the program, setting targets causes your vibration to draw you to it. That being said you can go through it at a pace that fits with you, either more quickly or taking more time. Understanding and applying the material is more important than conforming to a particular schedule, just be careful to set a target that you commit to otherwise you will most likely find yourself drifting and loose the effectiveness of the program and your momentum. You may want to increase your commitment as you move through the program. Whatever that commitment is, you must

keep your word to yourself. If you want to start at 30 minutes a day that is great, if you have 2 hours a day that is great, or perhaps alternate amounts of time. One is not better than the other, simply put, what you put in is what you will get out. If you take a break it will most likely cost you momentum and slow your results. It is ever so easy to be lured back into the world you are now living until you firmly plant yourself in a new way of operating your vibration. Some of your best friends in this process will be repetition and patience***. It is far more effective to spend 30 minutes a day rather than 2 hours here and there. Consistency is a key.***

Right this moment I would like for you to do two things. The first thing is, think about why you have engaged this program, there must have been pain, discomfort, dissatisfaction of one sort or another that you can no longer live with or are not prepared to live with. Grab a piece of paper and on one side, write this thing down (no typing, use good old hand writing), all of the details, what it is, what it feels like, what it is doing to your life and if you don't change it, how it will impact your life over the next 5 years and beyond for that matter. Now on the other side, state what you want in its place and why. For example, if romance has been an unpleasant experience in your life and you wrote down the details, you can now write something like this on the other side. I desire a relationship that is … describe it, why you want it, how does it feel, how will it change your life over the next 5 years and beyond? This is your contract to yourself. There will be days when you may want to quit the process, think its not working or you might get lured back into the old world that you are leaving and think, what is the use. This contract is the one thing that will not let you quit on yourself because you will know where quitting will take you – right back to the land of pain that you described and that drove you here in the first place. Your

contract reminds you in detail why you are here, why you need to be here and that only by continuing on will you change the quality of your life.

We will actually use what you have just written as part of your program exercises. At this point you may be doubting or not really believing that you can have the positive thing you wrote down but that will change as you go through the program. By the time you are finished you will know why things are the way they are and you will know why you have the power to change them.

The second thing is to write down, on the side of the piece of paper that you described what you want, is how much time each day you are going to commit to yourself for doing the work in this program and what part of the day. This is where you have to decide on what you are going to take the time from or juggle your schedule to make this part of it. You may have resistance. This is the commitment part. With out this commitment you are almost certainly going to let it start sliding for other things. Your life will not change, if you don't change something. We have been conditioned to take the pill and keep on going, but this is not a pill, this is a real fix for your life and it takes time and commitment.

Think of this program like you would think of going to school for any achievement. You dedicate yourself to study and practice, and then get experience; learning from your mistakes and correcting. As you continue to get experience and get more proficient, you then enjoy the rewards of what you have learned. If you go to school to become a carpenter, being a carpenter becomes part of your life. You don't just learn it and then put it aside, you use it. This program is the same, it is not something to read and put aside, it is to make part of your daily life. In fact, this program is teaching you how to master your mind so you can take charge of your life.

What you learn here will become the new way you operate your mind in every decision you make, and in every thing you do.

Like eating, which you can not do once and for all, you also can not study this program once and be done with it if you expect to master your life. You will need to continue to practice what you learn until it becomes a habit. If you stop, old habits will probably creep back in, but once you make what you learn a habit, you will not have to think about the mechanics anymore, it will be as automatic as what you are doing now that produces the results you are living. Just like when you learned to walk as a baby, once you got it, it just became a function you used to do other things, you no longer thought about it. Intentionally directing your life through the faculties of your mind is something you need to do everyday and by embracing what you learn in this program, you will do it automatically, it will be your new automatic mode of operating your life.

The Higher Vibrations program is not only setup to help you create the life you desire as you read and do what is in it, it is strategically setup for continuous use and reference throughout your life. I intentionally set it up this way so it can help you to maintain vibrational mastery and therefore continuously manifest the life you desire. As you go through the program, you will be building a Mind Mastery Tool Box. The tool box will have 4 sections, one for each area of mind mastery. To help you setup your tool box, each exercise in the program is identified as to which area of mind mastery it belongs to. By the end of the program you will have a tool box divided by area of mind mastery and each area will contain all exercises that pertain to that area. To help you get the most out of your tool box, in Week 19 there are 4 Mind Mastery Monitors that you can use to test your proficiency in each of the 4 areas of mind mastery that you learned

throughout the program. If you need to increase your proficiency in any area, you simply go to that area in your tool box and redo, add to or review the exercises and material that are most applicable. You can use the monitors and tool box any time in your life when you feel you want to increase your effectiveness in attracting what you desire. Also, at the end of the book is a summary of exercises and other material by area of mind mastery. This essentially is the layout of your Mind Mastery Tool Box.

You are a human being, much more than a body, you are an extension of source energy, you are the creator of your reality, you have the support of the universe and its laws for a fulfilling life and you have a mind with amazing abilities. This program will show you how to master the operation of your mind, to effectively use those abilities, leverage the power of the universal laws and therefore take charge of your life.

Why Your Life Is The Way It Is, the Good, the Bad, and Ugly

The Power of Beliefs

Just think, 300 years ago if you went into a persons house and said to them, “you don’t need those candles or lanterns anymore to light your home at night, I am going to put a switch on the wall and a fixture on the ceiling and if you need light, simply push the switch”. What do you think they would say to me, do to me! I would just be hoping there was not a tall cliff anywhere near. How about in the year 1550, you told someone that one day people would be able to sit in a “machine” and it would fly in the sky taking them halfway around the world in hours! You probably remember what happened with many who suggested the world was round.

Just as the people of those ages would be un-accepting and in disbelief of such ideas and concepts, it seems today we still refuse to entertain new possibilities and accept new things that do no fit our version of “normal” or our paradigm. In this “fixed” mindset we limit and miss opportunities to improve the quality and satisfaction in our life. For this reason, I ask that you keep an open mind as you read through this program, answer the questions and do the exercises. You most likely will come across information and concepts that you are not familiar with. Rather than saying “this cannot be true”, say “how can this be true”? When you consider new possibilities; that is when you find new ways to add more satisfaction to your life and create new results. It is in the thought of possibility that so many great advancements in human living have come to be. All of the great

inventions came from the thought of possibility, extending beyond what was, to what could be – air flight, automobiles, the light bulb, the telephone and more. What lies ahead I believe to be the largest discovery of all time and the discovery that explains all other discoveries. This discovery is the realization that our feelings (thought-emotions) turn energy into matter. How this happens, and intentionally making it happen, is what you will learn in this program. You will also learn about the incredible power you have, the incredible power that is supporting your success and how to start using your power knowingly rather than unknowingly.

Beliefs will be talked about in many parts of this program and it is critical that you understand how powerful your beliefs are, and what impact they have on your life. Consider the following, 4 men got trapped in a coal mine, there was only enough air to support the 4 men for 2 days. One man had a watch and he kept time. To give the others more hope, when he told them that an hour had passed, it was really that two hours had passed. In other words, where he knew they were in the mine for 10 hours, the others thought it was only 5. His logic was that this would keep them calm, thinking they had more time to be rescued. After 3 days the men were discovered but only one man had died. Can you guess which one? Yes the man with the watch. How can this be true you say? Each man had access to the same air; it would seem to be a constant, but is it? The one man that kept time “believed” he had so much time before the air ran out and he would have realized that time was up. The other three “believed” there was still more time and therefore more air. That was the only difference between the man that died and those that did not. By the time you finish this program you will know how this can happen, in the meantime remember to keep your mind open to all possibilities.

Here is another example that shows the power of belief. At an electricity development company, it was always a joke of the Engineers to give the summer student the project of how to figure out how to frost a light bulb on the inside versus the outside. It was a joke at that time because the Engineers were convinced; they absolutely believed that there was no way a bulb could be frosted on the inside. For some years one student after another was foiled to produce the result until one summer a student did. How did an inexperienced student produce what a team of experienced Engineers could not, clearly it had nothing to do with ability? Beliefs are once again at work, they can open doors and they can close doors.

Let’s look at an analogy to get an idea of how our beliefs come to be and how they affect our life. Let’s say you have a video recording device and you want to record a home movie so you can play it back on a screen for viewing. What is happening when you create this recording? You basically aim the recorder to the view you want, press the record button and the images are then stored on the media. Afterwards you connect the device to a media projector and play back the recording to see the movie on screen. Now think about this, the image on the screen is a display of the movie recorded but neither the screen or the displayed images are the movie. The actual movie exists on the media as an electronic encoding. This is a critical concept in terms of understanding how our beliefs play out in our life. Let me explain. Think of your five senses (conscious mind) or your imagination as the recorder view finder, you can choose either input. Now think of your subconscious mind as the recording device with media that records what is on the view finder. When you hold an image with a feeling in your conscious mind, you are in essence hitting the record button for it to be stored in your subconscious mind. As this is done repeatedly you form beliefs (about your self and life). Your subconscious mind then plays back

the recording in the form of your life circumstances – your movie called life. You experience circumstances but they are not your life, they are the result of the projection of what you recorded. You will get a more complete understanding of this as you go through the program but for now, the point is that ***what you experience in life is not because of what is happening around you but because of what is happening inside of you*** – your vibration, that is, your feelings and beliefs. There is a short note called "Choosing Our Life" along with a diagram on my website at http://highervibrationsnow.com/?page_id=902 to help further explain this concept.

This process of recording to our subconscious mind begins at a very young age; we record what we repeatedly experience from the influences around us. This develops into our beliefs about who we are (our self worth and image) and the way life is to be lived. Then our life experience is simply a playback (manifestation) of those recordings. So you see, your beliefs are really at the root of what you see happening in your life. ***The life you experience with your 5 senses is really a recorded movie!*** That means physical reality, before it comes to be, is first formed in the mind, and that tells us we really need to understand how to record the movie we want. What is great about all of this, is that just as you can rerecord new images on media, you can record new beliefs and therefore change your life experience. To help you with the rerecording, you have the power of choice and the faculty of mental will and imagination. You can pick a new result you would like to experience in your life anytime and use these three elements to experience it. In this program you will get to understand and practise how this is done.

Here is another example to illustrate how powerful beliefs are. A baby elephant was chained to a peg in the ground to keep it from wondering off. The chain allowed the elephant to roam within a certain distance around the peg equal to the length of the chain. As the elephant grew to full size the chain was replaced with a light rope. Now you might say to yourself, the elephant could walk away at anytime, and it probably wouldn't even realize it broke free of the rope. This is logical thinking, but there is something at work that is not in the realm of the logical mind. In the elephant's experience of life, from the time it was young, it only could operate within the radius of the chain, and this became a fixed (faulty) condition of life stored within the elephant (a belief). Using the previous analogy you could say that was its movie. This full grown elephant, even though easily capable of breaking free did not make any attempt of doing so, it literally could only act in accordance to the conditioning, according to what it "believed" was possible or true. It was now programmed to believe it could only move in a certain area; that was its reality and the behaviour always follows the stored reality or self image. Essentially it was a prisoner of the conditioning from when it was young. As you will see, just as the elephant was conditioned with its area of movement, we are all conditioned in one way or another by those influences in our early years especially. Now we think, feel, act and speak in accordance with and within the diameter of our beliefs. Our feelings are highly influenced by our beliefs and it seems like we have this invisible power controlling us because we end up with results we do not like and we wonder how and why. The reason is this, Faulty beliefs = faulty thoughts = negative feelings = low vibration = the attraction of unwanted circumstances. By repeating the same faulty thought we give momentum and power to the faulty belief and reinforce it which influences our faulty thoughts again. You can see the cycle. In the program you will learn how to

break this cycle. These faulty beliefs are what cause the unwanted results we see in our life. But know that we can create new more dominant beliefs and therefore cause the law of vibration to work for our good, to work for us versus against us, to move us forward instead of holding us back.

To understand why your life is the way it is, it is critical to understand how beliefs work and how deeply they affect our life. They silently influence our thought-emotions while attracting to us situations congruent with the belief itself. Unless we are aware of this they tend to keep us prisoner and wondering why things happen as they do. Beliefs are really a silent partner directing our life. If you understand this and understand you can change them, this alone can begin to set you free as you realize you have the power to change your life at anytime by changing beliefs.

The law of vibration is simply a law of the universe that governs our life. Each of our feelings are a unique vibration and they cause the attraction of our life experience, the experience is the effect of the vibration. If your life is not the way you want it to be, it is not because you have some deficiency, it is not because some God is looking down pulling strings and sabotaging your dreams or giving you the short end of a stick. It’s because you have not learned how to work with the law of vibration and the other laws that you will see in this program. One of the other laws, in fact, is quite clear that the universe is in full support of your success. The universe has given you all that you need to live a life of health, happiness and abundance and it supports you along the way. It is because of the faulty programming that we mis-use these laws and consequently cause the attraction of what we don’t want. The governing laws are always in operation and they work consistently, constantly and reliably. What causes our life to be the way it is, is that for the most part we have been using the laws and our personal

power against our self. This happens because we don’t understand them and never learned how to use them. We didn’t go to the school of mind mastery nor did we have a mind mastery user’s guide to consult. This program will show you how to use nature’s laws and your personal power for your good and the good of all of human kind. The time has come, I believe it is the next big step in human evolution.

Below are two concepts that will help you to understand why your life is the way it is and at the same time, what is needed for you to take charge of your life. These concepts are thoroughly covered in the program. For now, realize if your life is not the way you want, it probably has a lot to do with not understanding these concepts.

You life IS NOT about what you WANT.
Your life IS about what you BELIEVE.

Positive thinking alone does not change your life,
You need sustained and focused positive feeling.

You can instantly prove this to yourself, how many things do you want now that you don’t have (and don’t really know how to intentionally cause them to come into your life)? Really think about that for a minute. Now, based on the fact that there is this universal energy that will take the form of that which you impress upon it, clearly your wants are not being effectively impressed upon it because if they were you would have what you want. So what is it that impresses the universal energy? It is the vibration you generate as the result of your beliefs. It is feeling combined with attention and intention, desire and expectation that causes what is attracted to your life. You will learn the complete recipe as you go through the program.

You can study as much as you want and get every degree and certification known to humankind but if your beliefs are limiting (faulty conditioning), then they are holding you back, giving you the life you don't want. Your life will be similar to that of the elephants, you will simply only ever operate in a limited world. All of the physical power in that elephants body was of little value to it because within the elephant was the faulty, limiting belief of its area of movement. Our life will only ever be lived in accordance with our stored beliefs. It's only when your wants are supported by your beliefs that you will experience what you want, therefore you must change your dominant beliefs to support your wants.

Here are some common beliefs that we live with but really have no basis in any truth. They may cause you some resistance or be controversial but by the time you get to the end of this program you will know exactly why they represent some of the erroneous conditioning that we received. They tend to do to us the same thing that the peg in the ground did to the elephant. After each statement below you can plug in the words "NOT TRUE".

There is a limited supply

Competition is necessary
We need to establish job security
You need a job to make money
To get more money we need to work harder, longer
Low grades are a reflection of our potential / intelligence
The government is the cause of (fill in the blank)
I can't heal myself
I don't have the ability to change my life
Others are to blame for the way I feel
The way I feel has nothing to do with what happens in my life
I better save my money when the economy is "bad"
If I want something I must have money to buy it
I am deficient in some way, not as capable or valuable as others
My negative thoughts and emotions do not affect my health
You have nothing to do with the negative stories in the news headlines

Doing Does Not Equal Having

Many people are busy doing things, even doing things seemingly "right", but many times not getting the results they really want in one or more areas of their life. In fact, people work hard, have a heart full of love, good intentions, are helpful, give to charities, volunteer their time but still have a life with some degree of emotional or physical discomfort, upset or all out pain. They have some level of dissatisfaction or down right unhappiness and lack of peace, always coming up short or getting the short end of the stick, or just not feeling great about them selves and about where their life is. Life seems to be a series of ups and downs, excitement one day, looking forward to what is coming and the next day, everything seems to be falling apart or perhaps just a feeling of, where am I going, what should I be doing.

Whether it is related to career, romance, relationships in general, family, finances, health challenges or major diseases, why is this? Could there be a way to live, could there be some formula that would empower us to live a life where we had a high level of satisfaction in all areas. We know that money can not buy fulfilment, it can be used for many good things to help our self and others, but if you look you can quickly find people with lots of money but experiencing areas of pain in their life. It is the same thing with education, we see highly educated people with dissatisfactions in their life and no real knowing of how to correct it. We see people successful in some areas of life and having challenges in other areas. So once again we can start to see some seemingly invisible power working against us, but there really is no mystery, it is simply beliefs and related vibrations at work, it is also the lack of knowledge about how our mind works and how we are operating in the context of the universal laws. The solution of course is the truthful knowledge about who we are, and application of that knowledge to change the root cause for this up and down life that we live?

The Missing Information

I put this program together because, after years of studying various materials on this subject, writing about it, my own personal experience and working with people on personal issues, I realized there are four major reasons that really account for what happens in our life:

1) lacking the truth about who we really are
2) lacking knowledge about the laws the govern the universe and everything in it
3) unawareness of how and why the words we use, the thoughts we think, the beliefs we hold and the emotions we feel manifest into our life experience

4) focus on what others are doing, comparison to others and living in the past or future

For example, he treats me like (fill in the blank), she annoys me, irritates me, frustrates me etc. The Government is (fill in the blank). The economy is (fill in the blank), my coworkers are … People always treat me like … It always seems to be what is out there that is the reason you can't have what you want or why you "get" what you don't want or feel the way you do. This program will show you why these people and circumstances are not doing anything to you but rather doing something for you. Once you see the difference, this is part of what will help you to change your life.

You will come to understand as you read through this program that there actually is a scientific reason for what does and does not happen in your life. That there is an invisible universal energy flow always at work and that it delivers the circumstances of your life according to your instruction to it. Just like a projector, through thin air, casts a movie onto a screen from the contents of recording media, what we have recorded in our subconscious mind is casting our movie called life. Most are unaware of how their thoughts, feelings and beliefs come together to form the recordings. Most are also unaware that the recordings cause this universal energy to transform into the experiences of their life. We are all born with the mental faculties to direct what this universal energy delivers to our life. If we know how to use them, we can do so for greater life; if we don't … well we tend to use them in a way that works against us. Know this; you have been unintentionally trained to use your faculties of mind, and therefore energy, against yourself. The more dissatisfaction you experience the more you are using it against yourself. The truth is, you are a co-creator of your life and you have a hand in all that you experience, whether you realize it or not.

Every moment of your life you are instructing this energy through your feelings and once you provide the instruction, this universal energy delivers to your experience according to those instructions, nothing more and nothing less. As referenced earlier in this section, you can visit my website at http://highervibrationsnow.com/?page_id=902 to help further understand this concept.

Here is a short illustration to help explain that we really can't change things on the outside world; that change always happens from within. If you were watching a movie and found you did not like it, would you go to the screen and attempt to get rid of the movie by peeling it off of the screen and replacing it with another? Sounds silly eh! What would you do? Of course you would go to the projector (source) and change the media. This is a critical point to grasp in terms of the law of vibration. Your life will not change by working on the things that you see, touch, taste, smell and hear; those things are the projections of the recordings (vibrations) in your subconscious mind. Sure you need to respond to things in your physical world but if you want to change the things that you are responding to, you will need to change the inner recordings. When you do this you are changing the instructions you are sending to your subconscious and that will cause a new "life" movie to be projected into your experience.

The Truth Versus The Lie

There is a scene in the Sci Fi movie Percy Jackson and the Lightening Thief where the main characters enter a club in Las Vegas. Upon entry they are offered Lotus Cookies to which they indulge. They find the cookies to be alluring and this entices them to eat more. What they don't immediately realize is that the cookies are giving them a fabricated feeling of euphoria. In this euphoric state they start to get lost in all of the pleasures of the club.

The patrons continue to keep all of the customers eating these cookies to keep them in their world of disillusion. Eventually the main character hears a voice telling him that he must “wake up”. As he starts to look around, he strikes up a conversation with another fellow who actually believes the year is 1975, meaning the guy has been there for over 30 years but thinks he just got there that day (due to the effect of the cookies). The main character then really starts to “wake up”, pushing any more cookies aside as he proceeds to “wake up” his other two friends. The patrons realize what is happening and attempt to coral them but they escape from the club. Once the main characters get out of the club they realize they have been in there for two days (even though when inside they thought they were just there for hours).

Although their time in the club seemed euphoric, they realized that they were actually prisoners kept at bay by something that made it seem real. It really reminded me of what happens to us when as little people we unknowingly take on beliefs about our self and life that are simply false (the metaphorical lotus cookies). Those false beliefs, unbeknownst to us, rule our life like just like those cookies ruled the patrons in the club, in a sense we are being held captive. Those beliefs affect the way we see our self, the way we see how life could be lived and this then affects our decisions which affects our relationships of call kinds, our career, our finances, our business, our family life and eventually our health. Just remember if you continue to think and do in the same way that got you where you are today and give no heed to the power of your beliefs or the laws of the universe, it is unlikely that you will experience any positive and lasting change. It is likely you will continue to get what you don’t like. Remember, whether it’s a relationship issue, a money issue a health issue or anything else, it will only change with a change in you. You attracted it, you can attract

something different, but you must change the media in the projector (beliefs and thought>feelings>images).

Another area of faulty beliefs that holds us back from the full experience of life is the belief of finite resources, and really finite everything. This causes us to engage a scarcity based reality. What it does is promote fear and all things related to fear like greed, envy, jealousy, insecurity, vulnerability etc., because the thinking is this, if there is only so much to go around then I better get my share before it's gone. I better get the money, get the mate, get the food, get the car, get whatever before someone else get's it or before I get to old or to something. It tends to pit us against each other as we compete to be the best, the richest, the prettiest, the smartest, the fastest, or get it first because if they get it we will be left out and that is way to scary. We fight desperately for security and to "get" the things we believe will secure our life even at the peril of others. People strive to be "the" best instead of "their" best. So often, because of scarcity, we achieve through being driven by fear instead of passion and this is really no achievement at all in the big picture of humanity, it just drives down the collective vibration. The victory of one or a group at the peril of others is using nature's laws against all of humankind. So often, instead of pooling our energies to create, we work either individually or in groups to be the "winner". Scarcity is a lie, the truth of the laws that govern the universe is that we can all be successful and winners at the same time and that there is enough for all. This will become obvious the more you connect with and embrace this material as you work through the program.

This whole notion of being without the truth of who we are, the truth of abundance and the universal laws is very damaging to our self worth and self image. It just leaves us so often feeling like we are not deserving, not

enough, not lovable, not worth it. That we do not have much power to really affect our life and we feel subjected to forces around us. It leaves us wondering why things happen to us as they do. It leaves us with little insight as to what we can do about many of life's issues. This inspires insecurity and uncertainty and those can have us feeling vulnerable and defensive which lead to hurt feelings, taking things personally and even being nasty to others as a protection mechanism.

We have also seen the effects of those fighting for power over others for control; to secure their position. Just look at the death and destruction throughout history, its all because of our unawareness of the truths and laws. There is only one cure for the lies and fallacies and that is the truth. The truth will set you free from the lies and fallacies and allow you to be all you are. There is no point in trying to solve the problems of the world or in your life because they are not problems, they are manifestations. If we want manifestations of a better outcome for our self and for all, we must learn the truth and understand how to use the manifesting machine that we are – then use it accordingly. This is what you will learn, understand, and how to apply by going through the program.

The power of beliefs is so critical to understand in terms of why our life is the way it is that I will sum it up in these last few paragraphs to reemphasize it. We tend to believe that physical life is all there is to life; the complete realm of reality, our total existence. That what we see is what we have to work with. We believe that for everything that happens in physical life, there is a physical life cause for it. We relate everything that happens to us as being due to what is going on in the physical world. We believe many things are out of our control and we are subject to conditions. We don't understand why some people treat us the way they do, we don't see that we

are in any way connected with the behaviour they bring to us. We tend to believe that if something is going to happen or be solved in our life, we must make it happen with our conscious mind, our words, our money, our education, our position, our associations to others, or our body. We look for causative reasons outside of our self if something is going wrong or not working out for us. We believe that there is one pie for all to share, only so much to go around, so we better get a piece before someone else does.

These beliefs cause us to blame others, blame conditions, judge and compete or fight for what we believe are scarce resources. This of course puts us in a low vibration. These beliefs also cause us to experience some degree of struggle, fear, worry, insecurity and doubt because we wonder if we will have enough of what it takes to get what we want (time, money, smarts, appeal etc). We wonder if someone else will get it first, we wonder if there will be enough to go around. If we do get what we want, we feel good although we still wonder if it will last and therefore continue with some degree of struggle and stress. We tend to think about all of the things that can happen to take away that thing we want. If we can't seem to make what we want happen in one way we look for other ways wondering what is the way that will work. If we find nothing seems to work, we give up and do something different altogether or put up with a less than fulfilling life.

Why do we live life like this, because it is all we know? We are simply in the dark about the information that will allow us to be the intentional creator of our life experience. We are unaware of our vibrational nature and in this unawareness we use our power of attraction against our self to attract what we don't like rather than what we do.

Thankfully we can learn to use our power and attract what we want to be, to do and to have intentionally. When we do this it completely changes our life

by putting us in the driver seat to decide what experiences we will have. How do we effectively use this vibrational piece of who we are in our daily life to intentionally attract what we want? That is coming up in the next section.

Questions

1) What is the power of beliefs and why is that important to the quality of your life?
2) What causes our daily life experiences, is it because of something inside of us or something outside of us and how?
3) What do faulty beliefs cause?
4) How are our thought, feelings and actions linked to beliefs? How important is this?
5) Are you solely in charge of directing the results that occur in your life? Why or why not?
6) Why does positive thinking alone not change your life?
7) Does money, education or being a nice person guarantee a good life? If not what does?
8) What are the 2 high level reasons for what happens in our life?
9) How is trying to change our circumstances like trying to change a movie by tearing it off of the screen?
10) What does a scarcity based reality promote? What is the effect on our life?
11) What effect does it have on our self image to be without the truth about our self?
12) What social issues has the planet endured because of the lack of knowing the true facts about who we are and the laws that govern us?

The Higher Vibrations Program

INTRODUCTION

This program consists of three modules. The first module helps you get aligned with who you really are; your natural attributes, the natural power and faculties within you to attract your desires, the natural support you have for success and fulfillment from the universe and the natural access you have to abundance. It also helps you to displace the faulty beliefs that cause you to be out of alignment in the first place; the ones that cause the life experiences that you don't like or want. The second module provides you with the elements of a high vibration mind set that will allow you to attract the life you desire. The third module shows you how to specifically use your mind faculties effectively to attract the life you desire.

After going through the three modules, you will have the knowledge, the tools and the know how to master your mind, which means mastering your vibration and therefore taking charge of your life to achieve the following:

- Identify and replace limited and faulty beliefs that are holding you back from what you desire (relationships, health, career, material wealth etc.)
- Release expectations of others and stop taking things personally (low vibration)
- Choose your vibration no matter what is going on around you (to equal the vibration of what you want and therefore attract it)
- Be happy to take total ownership, accountability and responsibility for everything in your life, knowing why you are attracting it and how you

can change it

- Listen to your heart and follow it
- Know how to get in touch with your true desires, and attract them into your life
- Know how to identify your gifts and talents and your purpose to use them
- Emotionally turn away from any negative situation and anything that does not support the attraction and allowing of your desires.
- Let your natural desires and passions be the driver of your life
- Know how and why to choose faith over fear
- Maintain a positive emotional state
- Intentionally attract more of what you want and less of what you don't
- Gain certainty that you can be, do and have anything you desire

You will also find that you see improvements in the following areas

- Self image
- Easily resolve conflicts
- Easily make decisions and feel good about them (high vibration)
- Easily choose compassion and understanding for others and situations no matter what is happening (high vibration)
- Walk away from any communication feeling good (high vibration)
- Easily find gratitude and appreciation no matter what is happening (high vibration)
- Setting healthy boundaries and feeling good about them (high vibration)
- Responding positively (high vibration) to any situation rather than reacting negatively (low vibration)
- Finding the good in anything and everything (high vibration)

- Respecting, accepting and appreciating anothers point of view
- Peacefully dealing with disagreement
- Develop a can do attitude
- Sustaining intentional focus on thoughts and feelings that are high vibration
- Feeling confident to expect what you desire to come to fruition (manifest)
- Patience that what you want is unfolding into your physical reality (manifesting)

To put this program into perspective I have included a diagram on my website called "The Life Cycle" at http://highervibrationsnow.com/?page_id=792. Essentially, it shows how, after we are born, we quickly get (unknowingly) guided down a path that causes us to be misaligned with who we really are. It also shows what happens as a result of being on this path of misalignment versus our true and natural path of alignment. You will see that the further we stray from alignment, the conditions and experiences of our life tend to get worse. What is powerful to know however, as shown in the diagram, is that you can take a bridge back to your true self any time and then experience the things indicated when you are aligned with your true path. I also have two other diagrams to help grasp this concept of being misaligned with our true and natural self. They are "The Effect of the Missing Pieces at http://highervibrationsnow.com/?page_id=839 and "Which Flower are You" http://highervibrationsnow.com/?page_id=842.

In Module 1, I compare the similarities between restoring a home and restoring alignment with our true self. Just like a home can be restored to its true and original state, serving its original purpose and intention, we too can

restore alignment with our true and natural state, enabling us to live the fulfilling life we came here to live.

In Modules 2 and 3, to help with the understanding of the laws and truths that govern us and everything in the universe, I use the theme of growing crops on a farm field. You might be thinking, “What does growing crops have to do with living life”. I believe this theme is very powerful in understanding the affects of what happens in our life when we intentionally cooperate with the laws of nature versus when we unintentionally do not. Think about growing crops, what happens; we prepare the ground, plant seeds and take care of the field to get a quality food product. Our life works the same way as follows:

Fertile soil	=	high vibration
Quality seeds	=	your clearly defined dreams and desires
Proper planting	=	attracting your dreams and desires
Field maintenance	=	focus on high vibration to allow your desires to manifest
Harvesting	=	acting on what you attract to experience what you desire.

Imagine what would happen to a farm crop if the soil was not prepared (tilled and fertile), and / or if the seeds were weak or improperly planted. Imagine if we left the field to tend to it self and only returning to gather what has grown. Imagine not harvesting when that time came but doing it early or later. Any one of these things can result in the farmer getting a very undesirable result, and having very little or nothing to show for the growing season. So it goes with our life experiences if we are inattentive to the attraction process; we are not very pleased with our results. What does it

mean to be inattentive to the attraction process? If we are unfocused about what we want or allow the events of the day to shift our focus continuously from a high vibration to a low, then we are using our vibration to attract what we don't want; we are essentially planting seeds that will produce what we don't want. If we focus on what does not feel good we are in a low vibration and attract what is equal to that. If we allow our mind to wonder amongst a myriad of unrelated and not good feeling thoughts then we are not really focusing on anything in any quality way, and the garden of our mind will not yield much of what we desire in our life; it will however yield more of what we do not desire because it is always yielding something, constantly. If we don't act when opportunities and inspiration comes, that is, the fruits of our high vibration, then we don't complete the cycle of what we attracted and don't get to enjoy it. Think about the results you are getting in all areas of your life. Are you an effective "mind" farmer? Are you effectively tending to the garden of your mind?

In terms of the program layout, in each week of the program you will have questions to answer that will really help you to connect with the information and concepts you read about in that week. In addition to questions, there are also exercises in each week. The exercises throughout the program serve as tools for you to continue to use after you complete the program, this will allow you to carry on with the process of mastering your mind and taking charge of your vibration and life. By the end of the program you will have a full toolbox to draw on as you need.

In fact to achieve total mind mastery, there are four unique areas of mind mastery and each exercise you do throughout the program will be identified as to which area of mind mastery it belongs to. As you go through the program I would highly recommend that you keep your exercises together

in some fashion according to their area of mind mastery. It would be useful to have a binder of some sort where you could have four sections, one for each area of mind mastery. It would also be helpful if you could add and remove pages in each section as your exercises are not static but what I call living. In accordance with the law of expansion, you will continually make changes as you get clearer about what you want for your life and you reach for more as you realize your desires. This is your mind mastery tool box and reference which you can use for the rest of your life to maintain yourself as an effective creator of your reality by intentionally focusing your vibration. You will see the value of your tool box when you come to Week 19 where there is a monitor for each area of mastery. The monitor will help you to see how proficient you are in each area. If you need to increase your proficiency in any area, you can use that area of your tool box to do so. So by keeping your exercises organized, you will have an easy way to review, adjust, redo the exercises and other material that pertain to that area of mastery. The monitors, and the organized exercises together, this is your complete tool box to sustain a high level of mind mastery, not only for the duration of reading this book and doing the program, but for the rest of your life. To further help you with the organization and quick access of the exercises by mind mastery area, there is a summary at the back of the book that lists all exercises by area of mastery. It also shows the diagrams and articles that pertain to that area.

As you move through this program you will see that much of what you have been taught is largely based on false beliefs around limited resources and limited personal power to make your life be what you want it to be. This of course breeds thoughts and feelings of fear, vulnerability, and insecurity and therefore the attraction of things you don’t want or like. This false information has kept you from your greater life.

What you will experience with this program is much like walking up a hill as follows: When you stand at the 10 foot mark you cannot see much out over the land so there is less awareness of possibilities and opportunities, but each step you take gives you a new perspective, new awareness, new possibilities and new opportunities. Imagine the difference in what you will see when you stand at 100 feet, and then 200 feet. Visualize it; you know you will see much more. How much of life do we miss out on because our beliefs keep us at the 10 foot mark? So often we just get to the point where we will not venture outside of our paradigm, our comfort zone until it is too painful to remain within it. Then, although we may be terrified of letting go of what is familiar, letting go becomes less painful then staying where we are. This, unfortunately for so many, is what it takes to start the process of change, to face the fear of what seems to be the unknown, letting go of the known and start walking up the hill. Of course, I am happy to say that what every one discovers in stepping up to higher ground, that is, learning the truth about themselves and life and letting go of faulty and limiting beliefs is that life simply gets better; easily and effortlessly. There is really nothing to fear at all. There really is no need to be concerned about having enough resources to look after yourself. There is no need to be concerned with being left alone, or stuck in a job you don't like or having some illness or disease that ruins your life. Believing in such things are simply beliefs related to the lack of knowledge about your power, why you came here and your relationship to the universe. This is the journey that you are on with this program, to discover the truth and put it to use to live the life you came here to live.

Although you may be somewhat familiar with much of what is presented in this program, it is not your familiarity with the concepts but how you use them, how often you use them, and how you use them together that makes

the difference in your life. It's like a puzzle, you need all of the pieces put together in a precise way to get the picture, so even if you are familiar with something, pay close attention on how it must work with the other concepts in the program.

The program is laid out as follows:

MODULE 1 - PREPARING TO TAKE CHARGE OF YOUR LIFE
Week #1 - Who's Life Have You Been Living
Week #2 – Your Life Satisfaction Indicator
Week #3 – Are Your Beliefs Serving You
Week #4 – A New Declaration, Setting Your Direction
Week #5 – Review, Reflection and the return of your Identity

MODULE 2 - TAKING CHARGE OF YOUR LIFE - YOUR VIBRATION
Week #6 – The High Vibration of Abundance
Week #7 – The High Vibration of Gratitude
Week #8 – The High Vibration of Doing Your Best
Week #9 – The High Vibration of Giving, Understanding and Compassion
Week #10 – The High Vibration of Living in the Present Moment
Week #11 – High Vibration People
Week #12 – High Vibration Life Style
Week #13 – High Vibration Reflection and Review

MODULE 3 – TAKING CHARGE OF YOUR LIFE - YOUR VISION
Week #14 – Waking up to Your Purpose / and supplemental information
Week #15 – Preparing to Attract Your Desires
Week #16 – Planting the Seeds of Your Desires
Week #17 – Nurturing Your Desires
Week #18 – Acting to Receive Your Desires

Week #19 – Monitoring Your Progress and Mastery
Week #20 - Summary

As you can see, each week, step by step you will build on the knowledge and abilities to take charge of your life. If you do the work in the program, your life has to change for the good because you will have changed your vibration to a higher frequency and you will have set a clear vision for your life. ***When you put a clear intention(expectation) together with a strong good feeling about that intention, and you repeatedly practice that feeling, you cause that thing to be attracted to you.*** In other words, ***when your conscious mind vibration matches the vibration of what you desire, you cause it to move to you.*** Then it's a matter of inspired action to bring it into your full experience.

Because we are raised to believe that "fixing" our life issues is the result of something out side of us like taking a pill or someone doing something for us, we often hold that mentality against any method used to help us resolve our life issues. The trouble with those "outside" methods is that they work directly with symptoms, conditions and circumstances which are effects, they are not causes. Although the outside methods can give temporary relief, they are not really a long term fix unless they help us make a permanent shift in our vibration on the matter. To really "fix" our life issues we must go to the cause for symptoms and circumstances and that is within us, it is our vibration. Our vibration is responsible for what is attracted into our life, therefore, it is the ***inside vibration change that we need to make in order to cause a change in the symptoms, conditions and circumstances of our life.*** For this reason it is important for you to understand that the process of life change is one where you shift your vibration. The good news is that you are totally in charge of this inner world of vibration. You simply

need to embrace that it takes commitment, time, patience and repetition to shift your vibration. This shift simply causes you to attract new things that are equal to the vibrational shift and therefore your life experience changes accordingly. Shifting vibration is not a cure for the symptom directly; it works much more effectively than that, it is a cure for what causes the symptom. Shifting vibration usually causes changes to happen more gradually than external methods, but shifting vibration has no side effects and is permanent. You can see an illustration and description of this on my website at http://highervibrationsnow.com/?page_id=1170 . It is called "Life Change With Vibration".

To further help understand the correlation between our vibration, that is, our dominant emotional state and what it attracts into our life, you can see the diagram on my website called "Effect of Emotions" at http://highervibrationsnow.com/?page_id=1531. You can see on the diagram that as you move to higher vibration emotions, your life circumstances also change to match the higher vibration. As you go through the program you will come to understand the process of moving up the emotional scale to a higher vibration. This is a critical process in maintaining a high vibration, a process that we are typically unaware of. Many times people attempt to go from a very low vibration to a very high vibration but that typically ends up back down in a low vibration. It's similar to climbing a set of stairs, you may be able to skip a step but generally you have to climb up one step at a time to get to the top. If you attempt to reach too far you loose your footing and fall down. This is the same with stepping up the emotional scale to a higher vibration, it requires that we move up in steps as one big jump is not very effective.

By going through the program you will move from the one dimensional concept that life is only about the physical world to the two dimensional concept where the physical world is simply the manifestation of our vibrational world. Vibration is our real world, our true reality and it is displayed on the screen we call our life. The vibrational piece of who we are is responsible for everything we observe and experience in our physical world. However, in our unawareness of this, we tend to use our vibration to our detriment so much of the time by allowing circumstances (manifestations to be the source of how we feel and therefore the vibrational set point we are at). Once we realize that the physical life we experience with our 5 senses is the result of our vibration and that we control our vibration, then we understand that we do not have to allow "what is" to be the source of how we feel and are free to choose our thoughts and feelings. This empowers us to manifest whatever we want, it allows us to be, to do and to have what we want, independent of anyone or any circumstance. Once we realize that our dreams and desires are present all around us in a vibrational form and we can manifest them into our physical world anytime we like, then we realize it is just a matter of learning how to do it.

So rather than living a one dimensional life of working with the physical world, we actually can work with a much more robust reality; a reality where we can turn thoughts into things; a reality where we can turn our dreams and desires (our vibrational reality) into a physical reality that we can see, touch, taste, smell and hear. To turn our vibrational reality into our physical reality only requires that we learn how to tune our conscious thought>feelings to the frequency of our vibrational reality (our desires). To say it another way, it only requires learning how to match our daily present moment thought>feeling vibration with the vibration of our desire.

When we embrace this vibrational reality, our outlook on life and the way we conduct our days becomes very different. Instead of buying into the daily circumstances as the way life is and all that there is to life, we can see a much greater life as not only possible but something we can manifest, it is certain. We are never stuck in any circumstances and we do not have to buy into them, its a choice. We can actually use them to help us with manifesting new circumstances that are more to our liking. When life or parts of it are good we can choose to feel good about it and enjoy it for all it is worth, this keeps our vibration high and the goods coming. However, when there are parts that are not as we want, we don't have to pay attention to them in a negative way. We don't have to stay negatively engaged with what does not feel good. We can use it to our benefit. We can use it to help us be clearer about what we want and then find a way to reach for better feeling thoughts using any topic that will allow us to match the vibration of what we really want. When we do then our vibrational reality becomes our physical reality. How radically different is that. Life is not happening to us, we are causing life to happen. This is what this program is teaching you to do, bring your dreams and desires from a vibration to something you can touch. And even if you are not clear about what you want right now, this program will help you identify with that too.

Knowing this new all pervasive reality, the priority of our day then is to find ways to feel good, and to emit the frequency that is equal to what we want. This vibration is always high because what we want feels good and feeling good is a high vibration. Once our daily present moment thoughts match the vibration of what we want the universe essentially, through the law of vibration and attraction, brings it to us. No more going out to get things, and making things happen, and no more worry, fear, doubt, struggle or strain; just ease and flow. This is what this program is going to help you achieve.

Questions

1) What is the significance of Module 1 of this program?
2) Why will this program enable you to take charge of your life?
3) How did our life journey get to be on the road that it is?
4) What does it take for a farmer to have a successful crop and how is that similar to attracting the results we want in our life?
5) What are the advantages of standing at the top of a mountain versus the bottom? How does this concept relate to the effect of limited beliefs and taking charge of your life?
6) Does it matter how you put the pieces of a puzzle together in terms of seeing the picture? How does that relate to this program?
7) Why is changing your life from the inside out, more effective than from the outside in?
8) What does it mean to live life from a vibrational perspective versus a physical perspective? Which is more advantageous and why?
9) What does it mean to be the master of your mind? Why would you want to be?

MODULE 1

Preparing to Take Charge of Your Life

Introduction to Module 1

Your true self and living in alignment

In terms of living life in general, many times we stop thinking about what is possible and those desires in our heart. We also stop thinking about what we can do to improve our life situation where we have dissatisfaction and simply follow along with the masses, seeking security and certainty. We live with things we don't want and live without things we do want.

The reason we follow along, doing the best we can is that, without the truth and facts about our self and life, we just don't know what else to do. Life is more about survival and finding a place of comfort where there is "security". What happens without the truth about our self and life is that we question what we can achieve and what we can have; basing our decisions on the conditions in the outside world. We compare ourselves to others, we live with a scarcity mentality, and we use fear as a main driver to move forward or fall back. Fear, in fact, is a main driver for so many of the decisions we make about much of our life. We worry about what people will think; we are afraid of what will happen to us in the future and punish ourselves for the past. We wonder how we will look after our self or if someone else will look after us. We wonder when we will get a break and

we simply doubt our abilities and capabilities to really affect our life experience.

Given this inaccurate view of our self and life, it stands to reason that ***if we are going to take charge of our life, the first order of business is to restore the truth of who we are, the truth of what life is meant to be and realign with it.*** It is important to understand that this process is indeed all about realignment. The faulty information and lack of truth simply caused us to become out of alignment from who we are, therefore, we are not manufacturing something new, we are simply coming back into tune with what is, who we are. Realignment will get us back on our natural solid foundation from where we can allow our natural power and birthright to success and fulfillment to flow through us.

To really put this concept of alignment into perspective, think about a tunnel in three sections. If the sections are in alignment then the flow through is maximized. But if the middle section gets pushed out of alignment, you can see how the flow through will be impacted; the more out of alignment the less flow through. In terms of your total self, lets look at you as three sections, one is your body and conscious mind, the next is your subconscious mind and the third is your source self. Your body and your conscious mind account for your participation in your physical world experience. Your subconscious is where your beliefs are stored. There are other functions of the subconscious but for the purpose of this illustration we will focus on beliefs. Your source self is perfect, it is every thing whole and complete, it is health, happiness, peace, creativity, purpose, love, abundance and everything that represents a fulfilled life. When all three of these sections are in alignment, that means alignment with characteristics of source, then physical life will be an experience equal to those

characteristics, however, when the conscious and subconscious mind are out of alignment with source (negative feeling thoughts and beliefs), those tunnel pieces become misaligned and the flow of what you desire in your physical life is reduced. In terms of life, this amounts to unwanted circumstances and / or health issues. As you go through the program, you will come to get a more complete understanding of this concept. There is a diagram on my website at http://highervibrationsnow.com/?page_id=1417, called "Self Alignment" which shows the relationship between these three components: Body/conscious mind, subconscious mind, and source.

To further understand the completeness of who you are as human being and your inherent and natural attributes, I have written an article called "The Missing Pieces". It gives you the facts about who you really are and about life. ***You will need to embrace this to really get the most out of this program,*** therefore, upon finishing this introduction material, you can read the article completely and highlight any areas in the article that get your attention before starting week one of the program. You can view this article on my website at http://highervibrationsnow.com/?page_id=140. Also in the video section there are two videos which support this article. One is at http://highervibrationsnow.com/?page_id=827 called "The Missing Information" and the other is at http://highervibrationsnow.com/?page_id=414 called "The Biggest Missing Piece". Without this information and knowing how to use it, it is virtually like driving a car with a blindfold on. When we are blindfolded we simply cannot navigate the road effectively. Similarly, we cannot effectively navigate life without knowing this information and how to apply it.

The focus of Module 1 is to get you completely up to date with the totality of who you really are, your total and innate qualities, and how each of your

three distinctive pieces of self works together. Further, this module will provide complete awareness of the laws and truths that govern everything in the universe and how they work in conjunction with your innate qualities to enable you to completely direct and take charge of your life.

You can liken this process of "restoring" your self alignment to that of buying a damaged house to renovate; what is the first thing you would do? You would stand back and take stock of what needs repairs, that way you know what services and materials are needed to restore it back to original. This is the same with our life. We need to stand back and understand how the faulty beliefs and missing information has contributed to what is going on in our life (damage). Then we can understand what needs to be done, within us, to restore our physical life to the level of enjoyment, fulfilment and satisfaction that exists within our source self and that we came here for, in other words get our house back in order.

Letting go – clearing the road to your source self

As you start to work through Module 1 and the other Modules, be mindful that your beliefs may throw up resistance. As you will come to understand, your subconscious is very protective of what it holds as your reality, your truth, the picture it has as your "home". You now know, because of what you read in the article "The Missing Pieces", that there are almost certainly some faulty beliefs and conditioning in your subconscious. When you start exposing your subconscious to the real truth it's going to perhaps cause some fear and doubt and general discomfort. This is why it is important to keep yourself connected with this material on a daily basis and if you can, augment it with like material. That will help you to identify with your source self. ***Once you are anchored in who you really are, you will know that you have a power within you that is stronger than anything that is***

going on around you. This is when you start to realize that you can change anything in your life. As your connection with this material, and therefore your source self grows stronger, your confidence, trust, belief and faith in your abilities to take charge of your life will grow. You will also realize that fear and any emotion related to fear only exist in the absence of your misalignment with source. You simply understand that there is nothing to fear and you have everything you need to direct your life along your natural path. This will change what you have been experiencing that is not pleasant to something that is.

Another issue that you will have to contend with as you move towards a high vibration state of mind and self alignment is memories. They can, at times, have a strong influence on your thoughts and choices, but know that your mental will is stronger. You can truly turn away from any thought that does not feel good. I realize that you cannot completely erase those memories, BUT you have a power to diffuse and displace the effects of them which you will learn. ***You must know and completely embrace this fact – whatever feeling you hold in your conscious mind in every present moment, it is transmitting an impression to your subconscious that affects what is attracted to you***. For this reason you really must take charge of your thoughts and emotions to take charge of your life. For example, if you were emotionally hurt sometime in your life and you continue to rethink it, re live it, you are giving life to that vibration all over again. If the hurt resulted in sadness, then that is the impression you are continuing to make on your subconscious and it will attract more experiences of sadness to you. It may seem a bit harsh, but as you understand the laws you will feel more at peace with how they work and realize that they promote only love and peace amongst everyone. What you will learn here is to leave the past alone (except for the good stuff) and focus on today and your vision for the

future. You will do this with fresh new thought-emotion-images (vibrations), the ones that will give you what you want. In order to figure out what you really want, we will temporarily look at what you don't want or don't like. That is a very helpful exercise to set a new focus for attracting new results.

In terms of memories, it is very helpful to remember that every one around you in those growing up years did the best that they could based on their knowledge and information, even if that experience is downright unpleasant or even something worse. Love them for doing the best they could. You don't know what happened to them in their life that had them behaving the way that they did. You most likely don't know what they have endured. They too were missing this life information and received faulty conditioning to some degree as well as some degree of distortion to their self image and worth. Holding on to negative energy of the past will keep you repeating it, letting go will set you free.

Just know that what happened in the past, at least to some degree, had you accept faulty beliefs about yourself and life and this has caused a misalignment amongst the various parts of your complete self. This misalignment has caused you to live a life that is not in tune with who you really are. This can be likened to the proverbial bear wearing an alligator costume, life just does not flow naturally. Module 1 is going to help you to realign so your true and natural self can emerge. Let's get started. Let's take off that "who you think you are costume" and let the real you come out. I like the phrase, forget who you have been, remember who you are. But let me be clear, you may be in tune quite nicely with parts of your life and so carry on as you have been to get those results, it's just the areas that are not

working as you would like, those are the ones we want to bring back into alignment. Let’s get started.

Questions

1) What is the first step in restoring something to its original condition?
2) What three powerful emotions can faulty beliefs and erroneous conditioning cause?
3) What is the value of being connected with high vibration material every day?
4) Does your subconscious mind know if what you are thinking about is from the past, present or imagined future? What is the significance of that?
5) Why will embracing the Truth of Abundance and the Law of Vibration motivate you to do the work in this program?
6) What is important for you to realize about the people in your past? Why?
7) Can a bear live a good life amongst a herd of elephants? How does this relate to what has happened to us?
8) What does it mean to be in alignment with your source self?

MODULE 1

Week 1

Discovering Your True Self

From the Life Cycle diagram you viewed in the Higher Vibrations Program section, you know that to some degree you are on a path that is not completely allowing you to express who you really are. You are essentially the bear in the alligator costume and you have been trying to live that life, but because you are not an alligator it just doesn't fit, things just don't work and they don't feel good. ***You are living a life with a conglomerate of beliefs of the people and situations that influenced you when very young. Those beliefs have caused you, to some degree, to loose touch with who YOU really are and what this journey of life is all about.*** So now it is time to get back into complete alignment.

This week, in exercise 1, you are going to push everything to the side and feel around in your heart, in your dreams and in your gut for what it is that you want for your life experience. It is likely that you have not given much air time to your dreams and desires and probably have thought more about 'what is' and the way that is that you don't like. For this reason, you will want to spend some time clearly identifying what you do want, and what is very helpful in doing that is knowing what you don't want. Once you identify something going on in your life that you don't like you can use it to help make a statement of how you would like it to be, the opposite. We

don’t want to dwell on or give energy to past or present issues that did not / do not feel good. We just want to use them as leverage to uncover and identify what the good stuff is, what we really want. ***If you do choose to get emotional about what is going on that you don’t like, you must know that you are choosing to be in a low vibration and what that brings***. Rather than getting negatively involved, choose to see the situation as an opportunity to identify what it is that you want to leave behind. It should give you a good feeling to know that when you do this, you are taking the first step in moving from an unwanted place to a wanted place. Would you be sad to acknowledge that there is a rock in your shoe or a thorn in your side, no, it allows you to get rid of them knowing full well that you are going to feel better when you do? This exercise is to bring clarity on what you want and start to get you clearly focused on it.

As you will come to understand, what you focus on is what expands in your life experience so it is very important to the quality of your life that you keep your focus on:

1) what you want (rather than what you don’t)
2) who you really are (versus who you have been led to believe you are)

To help you embrace the importance of these two items, I highly recommend that you go to my website at highervibrationsnow.com and print these two articles. 1) The Truth of Abundance at http://highervibrationsnow.com/?page_id=348 and 2) Patience – The Road to Your Dreams http://highervibrationsnow.com/?page_id=403. These are very helpful to keep you completely connected to your true self and a high vibration. Also you may want to keep them handy for those moments when you feel the need for a boost. It is very likely in this process that there will be times when you need a boost as the momentum from old beliefs can be

quite strong to lure you into a low vibration. Additionally, I have posted many other items on my site that can move you to a better feeling place and reconnected with a high vibe when you may be having an off moment or day. My site in general has articles, videos, images, diagrams and inspirations that can give you a boost so feel free to go there any time and get recharged. As you will see, there are also many tools throughout the program to help you move to a high vibration.

There are 5 exercises below, starting with figuring out what you really want. As you will come to realize, this is a vital component for you to take charge of your life. The reason is that whatever you focus on in your mind expands in your life, so you want to be totally sure your mind is hanging out with what you want. The remainder of the exercises further support what you really want and help you to identify who you really are. In part this is about building up self-image which is another critical component for you to take charge of your life.

Remember to collect your exercises into their respective mind mastery area as shown in the Exercises by Category in the back of the book. For your convenience I have indicated the mind mastery area with each exercise in the program to help you with grouping the exercises. If you do group your exercises together in a note book, computer file or whatever works for you, by mind mastery area, it will be easy to access all of the exercises that pertain to an area of mind mastery. This is very helpful if you need to practice your proficiency in a specific area of mind mastery, not only as you work through the program but for any time in your life that you feel you are not attracting what you want; you can use your grouped exercises to focus on and tune up any area of mind mastery.

Exercise 1 of 6 - Figuring out what you really want and like

Mind Mastery Area 2

I recommend that you do this exercise on several pieces of paper. Each piece of paper will represent an area of your life. For example, relationships, career, health, finances, etc. You might want to get even finer and breakdown relationships into several sub areas like family relationships, friend relationships etc. If so then use a piece of paper for each sub area. Once you have all of your pages labeled then you can make six columns on each with the following labels:

Column 1 - what I don't like (about what is going on in this area of my life).
Column 2 - why I don't like that thing.
Column 3 - what emotions do I feel because of this thing.
Column 4 – what I would like to see happen instead (what I do want).
Column 5 – why I want that thing to happen.
Column 6 – what emotions would I feel to have what I do like

By writing what you do not like, it will help you to spin it around to what it is that you would like. Once you get clear on that, then you can start to talk about what you want, focus on what you want, imagine what you want and set your vibration to the frequency of what you want. Once you start spending more time in the frequency of what you do want rather than what you don't want, you will start to attract what you do want rather than attracting what you don't want.

Be sure to have a page for "Self". This page need only have two columns as follows:

Column 1 – negative self talk
Column 2 – positive self talk

It is paramount that you identify any self talk that is negative, you know “I am” fill in the blank. Remember after you write down something negative in Column 1, immediately write down how you could turn that into positive self talk in Column 2. Example, if you are saying this to your self “I am not successful at anything”, you can change it to “I am a powerful vibrational being with gifts and talents and a purpose to use them, and nature fully supports my success, I was born for success” or something that resonates with you (if you need help with the why, you will find it in the article the Truth of Abundance that I referenced previously or the article The Missing Pieces also reference earlier). Again we want to get your mind focusing on something new that will give you more time in a high vibration. Every thought you think is influencing an emotion which causes a feeling which is going into your subconscious mind as a vibration. The dominant vibrations are causing the attraction of what you are experiencing in your life. This is why ***it is so important to mind your focus and focus your mind***.

To help you identify what you don’t like, become very aware of the words you use. Are they uplifting and inspiring or depressing, hopeless, blaming and apathetic. Are they building up words or tearing down words. Same thing with thought-feelings, are they high like happy and joyous or low like fear, anger, worry, doubt and the like. Do you spend your time complaining or do you spend your time looking for solutions. Are your conversations about confessing the sins of others or about what good you can find in them? Do you look for the good or for the bad? These things will all help you to identify what belongs on the “don’t likes” list.

Here are a few more ways of identifying what’s going on that you don’t like. **Are you tolerating things?** Things like a leaky faucet, getting something repaired, needing to have a conversation with someone. Just

little things can irritate you, make you uneasy, disturb your peace and bring down that vibration. You might not think you have many things that you are tolerating but if you turn up your awareness it is usually pretty easy to come up with 20 to 50 or even more. Some of these things can really be derailing you, but can also be fantastic insights as to what you don't like. **Do you have boundaries** and if so do you let others cross them? If you don't have boundaries, you may want to think about what you are willing to allow in terms of how others treat you. If they cross that line you can let them know, and if they don't respect it, you can let them know they will no longer be in your life (in a high vibration way). Self respect is something we want to make sure is in good order and we will do more work on this throughout the program. You deserve to be treated sincerely, honestly, and with respect and appreciation, we all do and it starts with the way you see yourself on the inside. If you have a high level of respect on the inside you will get it on the outside.

This exercise will help you in a couple of ways 1) it will set a marker so you can see your growth. This process of mastering your life takes commitment and if you do not have a sense of progress you will probably quit; like so many who read books and do programs; they may have tons of them but they do not see changes quick enough or big enough so they give up and look for the next great solution. Knowing where you are now will help you to see in the weeks ahead that you are in fact moving forward, and that will motivate you to keep moving. 2) By knowing what you don't like, it will help you more clearly define what you do like. So if you have attracted jobs or romance for example and they start exciting and turn … well unexciting, you can use that experience to fine tune your focus and therefore what you attract to yourself. No matter what happens there is something good you can take from it and use to your benefit. It's just a

matter of getting more and more clear until we attract the object of our desire. If you stop and stew about missing the mark then you lose the benefit and delay getting to what you really want. That stewing energy will keep you attracting more of what you don't want.

One of the most important items to change things in your life is to make sure your self-worth, your self-image, your self-acceptance and your self-love are all in good order. Listen to the words you use when you talk, they can tell you quite a bit about how you see yourself; things like "I am (fill in the blank), I can't (fill in the blank) etc. I (negative word) (fill in the blank), I am no good at …, I suck at … Anything that limits you or puts you down you will want to turn around. Awareness is the first step for change and this exercise will start to bring you awareness about where you are focusing your attention and what you can shift it to.

Exercise 2 of 6 – what do I want more of

Mind Mastery Area 2

In the last exercise, you identified what you do want in Column 4 by identifying what you don't like in Column 1. To complete the list, look at the things in your life that are currently working and you do like - add those to Column 4 of the respective page topic. Also add the things that you like but would like to have more of. Now you have a complete picture of what you want in each area of your life. I suspect you may have some further ideas as you go through the program or want to adjust an item on the list, so by all means, keep evolving your list as you desire, this is a work in progress, it's like sculpting to get to that desired result.

Exercise 3 of 6 – filling your mind with what you want and like

Mind Mastery Area 3

After you make your list, it is only really going to work if you use it. For 7 days, rate yourself at the end of each day with how effective you were to turn away from what you don't want or like to what you do want or any thoughts that equal the vibration of what you do want. Use a scale of 1 to 10 with 1 being you didn't catch yourself and spent lots of time thinking about what you don't want and 10 being you were very diligent to quickly refocus to what you do want or thoughts that equal the frequency of it. If you find it takes a lot of effort to bring those things you want to mind, revisit why you want them and make sure you really do. When you ask yourself why you want that thing, it should really hit home the importance of it, that is what will keep it more active in your mind. That being said, if the thing you want causes you to feel negative in anyway, because it did not manifest yet, then you can turn to any thoughts that feel good and that will put you at the frequency of your desire. Sometimes it is a little more of a challenge to just turn off a situation or walk away so you may have to find a positive perspective or positive aspects to raise your vibration. This will all be further covered throughout the program with exercises to help you practice ways to shift your vibration regardless of circumstances. Further, if you find your trust in your ability to keep your mind focused on what you want and what feels good is wavering, keep reading reviewing the material that connects you with the truth about yourself, this is your foundation and you must make it solid.

Keep this in mind, ***words that do not generate feelings will go no where***; words that inspire strong feelings will go to the subconscious as a vibration. That's what you are aiming for, to keep the things that you want or good feeling thoughts dominantly active in your mind. When you do this you are causing a high vibration to arise. That vibration gets deposited in your

subconscious mind which then serves as the vibration that attracts like vibrations to you.

If you are turning around an “I am …” statement from something negative to something positive and then you ask ‘why is that true’, that is very valuable. It is valuable because it inspires you to identify with the complete and natural truth about yourself, and as I mentioned, you will need to embrace this truth to really get the benefit out of this program. For example if you have been saying something to yourself like “I am a failure” and you turn that to “I am a powerful creative being”, that statement by itself may not really mean anything to you or you may not believe it yet and therefore it will not generate the feelings needed to create that image. However, if you ask yourself why is that true, it will cause you to think about why its true and you will start to know that it is true as you go through the program. As you accept the truth of who you are it will bring the feelings related to knowing you are a powerful creative being. The feeling is the vibration and that is what shifts your life experience.

Exercise 4 of 6 – Setup the “Feels Good” List

Mind Mastery Area 3

Start a “Feels Good” list. When something in your day comes up that makes you feel good, write it on your list. As this list accumulates it will greatly help when you in two ways, 1) it will give you a place to shift your thinking and feeling when you find yourself in a negative energy, 2) it will help you to identify your gifts, talents and purpose which we will work on later in the program. Both of these things are very important for you to take charge of your life.

Here is something you must absolutely embrace. You must chronically care about how you feel in every moment. It is feeling good that allows your desires into your life, it's like putting oil on a rusty surface, it just lets things start to move and flow. For example, you could be in a line up when you are in a hurry and you can pick frustration, but you also can literally choose to switch your thinking and your mind to lying on a beach in some tropical climate. If you do and it gives you a really nice feeling, your subconscious mind does not know you are in a line up, it does not know you are not on a beach, it just knows the feeling and the feeling is what you are always after. Let's face it, what you want is to go quickly through the check out or be served, why, it feels good. So you can use your imagination to feel how good it feels to quickly move through the line or you can feel good about imagining being on the beach. Both produce high vibrations and cause the attraction of what you want; to get through the line quickly. So this list is vital to helping you receive what you want. You have the power to put any image and feeling in your imagination that you want and it is the one that you choose that affects what happens in your life. ***You must stop telling it like it is and start telling it, seeing it and feeling it like you want it to be no matter where your physical body is standing.***

This is the first list of a number of lists that you will build to help you identify with your true self and to help you bring back a high vibration if you are low. I recommend that you dedicate a notebook for all of the lists you accumulate. The notebook is like a tool box and it will provide you with quick reference to the tools (lists) that enable you to master your mind by intentionally shifting yourself from a low vibration to a high. You could call your tool box, the Mind Mastery Tool Box. You will notice that each exercise indicates which area of mind mastery area it is part of so you could

keep all exercises together in their respective area. This will be a very valuable arrangement as you will see when you get to the of the program.

Exercise 5 of 6 – Setup the "Success List"

Mind Mastery Area 3

Start a "Success" list and add it to your mind mastery tool box. Recall anything and everything in your entire life that gave you a feeling of being successful. Any thing that you achieved and it felt good is a success. Did you make a pie, tie your shoes, those are successes. I just want you to know that success does not mean making lots of money and being a celebrity or someone in the spotlight for some reason. Did you grow a vegetable garden, look after plants and achieve what you wanted, that is a success. It does not matter how anyone else felt about it, if you felt the success, only in your mind and didn't even say anything about it, it is a success for you. It is very important that you acknowledge this. The fact is that you are a success, you were born a success. It is only because of repeated "bad" experiences, faulty beliefs and missing out on nature's laws and truths that cause this to be overshadowed. This list is very important in helping you spring back into a high vibration. It will be used in the coming weeks as we look at strategies to replace triggers that cause low vibration emotions, reactions and behaviors. You most likely won't sit down and think about all of your successes, but as you do add them to your list.

Exercise 6 of 6 – Setup the "Feels Good To Think About" List

Mind Mastery Area 3

This exercise is very similar to Exercise 4 of 6 in this weeks material. The only real difference here is that instead of identifying the things that you can get up and do right now that cause you to feel good, this list will

contain anything the feels good to think about even when you are not in a place to literally to it. It could be something you can do tomorrow or do regularly. It can be something that you want to do but have never done. It could be something you have done previously but have not done for some time. It could be something you want to have that you don't have now or never had. It could be something you had at one time but don't have now. It is something that just feels good in the thinking about it. It could be eating a specific meal. It could be flying a kite. It could be imagining yourself on a beach in a warm climate. It could be thinking about visiting with a friend. It could be thinking about walking your dog. It could be imagining yourself buying a house that you always wanted. The list is virtually limited only by your experiences and imagination. This is an extremely valuable exercise because before anything can manifest in your life, you must match the frequency of that desire. The vibration of your present moment vibration must match the vibration of your desire so the law of vibration can connect you. Remember, only equal vibrations attract. So by finding the feeling of what you want to experience, you are allowing it to manifest into your life experience.

So go ahead, start your list and every time you are thinking about something that gives you a really nice feeling, add it to your list.

Questions

1) Why are you most likely not living a life that is yours?
2) What is the value of identifying what is in your life that you don't want / like?
3) What are the two value points of embracing the contents of the articles The Truth of Abundance and Patience – The Road to Your Dreams?
4) What is one ingredient that causes your life experience?

5) What is the value of knowing why you want what you want? (what are the benefits)
6) How can tolerating things affect your life?
7) How can you know if you are moving forward? Why is it important to know this?
8) What needs to be in good order for you to really change things in your life?
9) Will reading alone change your life? If not what will?
10) Words and thoughts are important but what really constitutes the vibration you are in?
11) If you are using positive words but have negative feelings at the same time, what will your vibration be?
12) What is the purpose of the “feels good” list and “success” list?

MODULE 1

Week 2

Your Life Satisfaction Indicator

The first of 4 exercises this week will help you determine your current level of satisfaction in the areas you identified in Exercise 1 Week 1. This will enable you to prioritize which areas need most immediate attention. For example, if you are wanting to start a relationship but are lacking in personal direction and fulfillment, your health is failing and your finances are in a mess, you may want to use this information to be sure you are setting your priorities in terms of what you are giving focus and attention to. As indicated in Week 1, focus and intention are two very important ingredients when it comes to what you are attracting. By knowing the area(s) that are most important to improve, you will know where to set the majority of your focus and intentions with the thoughts, feelings and images that will attract the improvements. Remember the higher your vibration, along with clearly knowing what you want, is what will attract more of that to you.

Another important reason to understand your satisfaction level is that there may be times when you think nothing is changing, doubt this process and you may feel like giving up. There may also be days when you may think the work is not worth it or think, hey, things are going in a good direction, I got this figured out, I can give up on this now. That’s when you can use this

satisfaction rating to motivate and inspire yourself to carry on. It will connect you with why you started this program in the first place and what it would mean to go back to the start.

As you start to use your mind in a new way, things will start turning around little by little, but it will only continue if you are committed to completing this program. It may seem like a lot of mental work as you constantly think about what you are thinking about; however, as you do it more and more it will get easier and become a habit. At that point you will not have to think about it anymore, just like learning to ride a bicycle. Instead of a physical behavior habit you will develop a mental habit.

Exercise 1 of 5 - Rating the Satisfaction Level of the various areas of your life.

Mind Mastery Area 3
Using your list from Exercise 1 Week 1; take each area of your life and score it on a scale of 1 to 10. 10 would mean that area is in the best possible shape it could be in and 1 is that it really needs help. This will clearly show you where your satisfaction level is with each area of your life. Being honest with yourself is the only way you are going to be motivated to change, so tell it like it is. To help you with the rating of each category, think about each one as though it was a symphony, with 10 being absolutely beautiful music, and 1 a very disorganized sound, what score would you give this area, how is the music sounding? Ok score each area. Let’s not look at the scores as good or bad but just as something that is. They are just a result from a cause, a cause that can be changed. If you don’t like the results you are getting in a particular area, this is a step to setting your focus on that area to attract the results you do want.

Exercise 2 of 5 – Set up a "Words of Attraction" list

Mind Mastery Area 3

The second exercise for this week is to look at the words you are using, this is another list you can add to your toolbox. Words by themselves are fairly neutral. What gives them power is the intention and emotion we associate with them. I can say a word with a completely different intention and emotion behind it then what another person may. In fact, I could use a word one time with one emotion and another time where it would have a completely different feeling to it. The word is not as important as the thought-feeling that goes with it, but the word can be a good indicator of what you are thinking. It can help you to be more aware of your thought-feelings and that is very powerful. Thoughts lead to emotions and emotions together with the thought cause a feeling. This feeling gets impressed as an energetic frequency on the subconscious which then sets attraction in motion. So again, words can help you to be more aware of sending the vibration that will get you the results you are looking for.

Beware of this; if you find yourself using positive words to accommodate a situation, but inside you are feeling negative, guess what get's impressed on the subconscious mind. Yes, it is the feeling. When this happens the word is not the indicator of your thought-emotion, it simply is an indicator of the disharmony between what you are saying and what you are feeling. You will want to keep your words, thoughts and emotions in harmony and in a positive direction. Another thing to remember is that the subconscious mind cannot take a joke; it just absorbs the frequency of the feeling. If you use words like struggle, overwhelm or word phrases like "this is hard" or "I can't" or "I am no good at that" and any other words or word combinations that can inspire a low vibration emotion, you are putting yourself at risk of

attracting what you don't want. Who wants to attract struggle and overwhelm into their life, who wants to cause the things they do to be "hard"? So be very careful with your words. Even words in casual conversation can conjure up some low vibration emotional states. Listen to yourself and others and keep yourself in conversations of high vibration.

To help you develop an awareness on what words you are using I recommend that you setup a "Words of Attraction Dictionary" I have a list of words below that can help you get started. Add as many as you like and come up with your own. The list should get you on the right track as to what words you want to be your regulars, making sure you are helping yourself to attract what you want.

Abundance Acceptance Adventure Affirmation Allowing Appreciation Attention Beauty Believe Blessed Calm Clarity Confidence Detachment Easy Effortless Eagerness Energy Enthusiasm Excellence Expansion Expectation Expression Fitness Focus Generous Gifts Goodness Gratitude Great Happiness Health Imagination Intention Joy Knowing Light Love Opportunity Patience Plenty Positive Possibility Prosperity Quality Relief Soothing Solution Visualization Wonderful Wealth

Exercise 3 of 5 – Set up a "Good Qualities" list

Mind Mastery Area 1

This is another list you can add to your tool box. List any qualities that you have that make you feel good or cause others to feel good. These can be anything, size does not matter. Thoughtfulness would be a quality that would make others feel good and make you feel good for what it does for others. Qualities can be characteristics, skills, talents, gifts or anything that adds to your and / or others enjoyment of life. This list will be another tool

to help connect you to your innate goodness and true self. It can help you to turn away from negativity and refocus on what is good about you. It will also help you to make sure that your self-image is in its natural healthy state; a very important ingredient for taking charge of your life.

When you have an innate desire to be, do or have something, it is your source self letting you know that is part of why you are here. It is not only your right and for your enjoyment that you be, do or have that thing, it is your duty to express it because others need you to express it. You would not have a desire to express something if there was not a need for it. Nature organizes supply and demand, it's all natural, we don't have to think about that part, we just got to live what we are passionate about.

Exercise 4 of 5 – Setting your attention and focus

Mind Mastery Area 3

Take the most pressing issue that you have, the thing you want to change the most and create an affirmation. Write it every day 5 times and get emotionally involved with what you write – feel it, feel you are in it, doing it, have it. The exercise of writing is a strong catalyst for engaging feelings related to what you are writing about. It's the feeling we are after, that is the element that creates a vibration, that is the language that the conscious mind uses to communicate its instructions to the subconscious mind. Really see yourself in the image you are writing about and feel it like you would feel if the experience was really occurring now. Some examples are below and you can amend them to whatever fits with you:

I feel abundant

Money comes to me easily and effortlessly in increasing quantities on a continuous basis

I have peaceful relationships

I love my peaceful home
My body feels great, works great and looks great
I love my work, it feels fulfilling

You could also setup a stream of thoughts to go with the affirmation. This is also very powerful as you talk yourself into the “energy vibration” of what you “see” as the physical reality. Vibration is reality, our physical world is merely the presentation of that reality. Here is a sample stream of thoughts flowing from an affirmation.

Affirmation - I love my work, it feels fulfilling

Stream of thoughts

I have great relationships with my coworkers
Everyone is so helpful and cooperative

My work feels like play
I have fun with my work

Answers come easily to me

Meetings flow easily and productively
I am thankful for a comfortable work area
I receive tremendous respect and appreciation for the work I do
I have great support for my ideas
I feel part of the team
Etc.

It is vital for you to remember that what you are doing here is setting up the vibration that will cause the attraction of what you desire. Your current life may not resemble this at all and that is ok. What is important is that you use your imagination and mental will, rather than your physical circumstances to conjure up your vibration. If you buy into the vibration of your current unwanted situation you will stay stuck there because you are sending that vibration to your subconscious. You are now starting to use your mind (imagination) to "see" rather than using your 5 senses (which you will realize are more for observation). This is a very important distinction. What you "see" is what inspires your feeling and, therefore, what you attract. This is one of the biggest keys to attracting the life you want. The ability to turn away from current circumstances and appearances and set the vibration from within your imagination - "seeing" the picture in your mind. You will become more comfortable with this concept as you progress through the program.

What you may be realizing or will realize is that attracting what you want instead of what you don't want takes just a little shift in the way you use your mind. I suspect that most of the concepts and information you are covering in the program are not completely foreign to you. It's just learning to use your mind in a more managed and focused manner***. It's about taking charge of your mind to hold what you want to attract rather than letting it***

swing around to a myriad of different thought streams and letting it be influenced by the outside appearances – things you don't want. This realization, along with embracing the laws and truths you have become aware of in this program, will have you using your mind in a way that gets you more of what you do want and less of what you don't want.

Exercise 5 of 5 – Choosing Empowering Perspectives

Mind Mastery Area 3

Many times we tend to look at outside world conditions, circumstances and the way people are behaving and hold them responsible for how we feel. We tend to think that what they are doing has no connection to us, and that they are either randomly or independently deciding to insert themselves in an unpleasant or unwanted way into our world. We often get lured into the appearances of things and what we are observing as though someone or something was doing something to us. When we hold this perspective, which is completely erroneous and disempowering, it tends to cause us to focus on "what is" and the "way it is" that we don't like, and from that comes negative feeling thoughts. From the negative feeling thoughts, we attract more of what we don't like and the cycle goes around.

Another perspective we tend to fall into is that a situation or the behavior or choices of others can affect the quality of our life in some way, like they have some control over our life experience. This too is a faulty perspective. No one is or can control anything in our life, again they are there, as they are, only because they have a vibration that is equal to one we are offering.

The bottom line is that the people and circumstances in our life are exclusively the ones we invited through our vibration. Whether they are pleasant or not, that all depends on the vibration we are putting out. What

we experience is what we asked for vibrationally. If we don't like it, we can't effectively use our words to change it or chase it away, we need to take a look at the vibration we are sending out that brought it / them to us. Once we change that vibration to one that will attract what we want, we will invite new manifestations according to that new vibrational offering.

To help you stay away from these disempowering and faulty perspectives, which tend to be loaded with opportunities to go to negative feeling thoughts, consider a new perspective that will help you look more at what you are doing with your vibration rather than looking at what the outside circumstances and people are doing. When you do this, then you can more easily release and detach from the details of the circumstances and take them for what they are, a manifestation of your vibration. No one is doing anything to you, in fact, they are doing something for you, they are showing you a vibration that you are offering.

A new empowering perspective that you can consider is this; look at the things that happen in your day as evidence of your vibration. Rather than talking about aspects of your job that you don't like in a negative way or talking about what people are doing that does not feel good in a negative way, you can say ***I received evidence today that my vibration is low***. This is very empowering in that you are using circumstances to help you be aware of where your vibration is so you can shift it, rather then getting tangled up in those circumstances as a source of choosing negative feeling thoughts and attracting more of what you don't like. This perspective helps you to stay away from blame and feeling that people and things are doing something to you. Instead of seeing them as enemies, perpetrators, antagonists, or tormentors you can see them as vibrational friends. This

perspective enables you to change what is causing you to have experiences that you don’t like, and that is your vibration, not people or circumstances.

What is really happening when you get evidence that you are in a low vibration? Essentially it means that your present moment thinking is being influenced by your faulty beliefs. To explain, if you have beliefs such as people can take things from me or cause my life to be miserable, or that there is not enough to go around, or that I am responsible for others, or that I can’t have what I want, or if someone gets it first then I will be left without, then your thoughts around some subjects and topics will be faulty; meaning they will be negative feeling thoughts. The negative feeling tells you the thoughts you are thinking are faulty or out of alignment with the truth of life and your power as a creator of your reality. So when you have a thought like no one respects my space, or why am stuck in this situation, this leads to a low vibration emotion (negative). Once you hold that vibration, you attract people that fulfill that vibrational level or vibrational request. To hold a vibration is to request one like it. When a person does show up to show you the vibration you offered, and you choose to feel perhaps angry, annoyed or some low vibration emotion, rather than just detaching from the circumstance as a manifestation, you attract more. The situation is giving you the evidence that you are offering a low vibration and if you stand back and reflect you will see that it was your faulty thought that no one respects me that caused a person to show up and disrespect you. Such a thought is of course faulty because you can have all of the respect you desire if you set your vibration to the level that attracts respectful manifestations. You are in a field of all possibilities and you can have it the way you want it, you just need to tell your story the way you want it, then hold steady on the vibration of that story using any subject or topic, and side step getting lured into unwanted situations that you attracted.

When you hold your present moment conscious vibration at the level of what you want, your evidence (daily life circumstances) will reflect that vibration as life unfolds towards what you desire. When you hold your present moment conscious vibration at a level that is not what you want (the unwanted), your evidence will continue to reflect that vibration. This applies to your job, your coworkers, your family, your finances, your health, your relationships, everything. Are these aspects of your life at the satisfaction level you desire, are they improving or are they stuck or declining. This is what will tell you where you are holding your vibration with respect to each of these subjects.

Another empowering perspective is to look at what happens in your life that you don't like as an opportunity to be clearer about what you do. If you find you are experiencing disrespect, it causes you to more strongly desire respect. Respect feels much better. Now all you have to do is practice the frequency of respect in your present moments and it will be your experience.

One last perspective that can be empowering is to view negative emotions as resistance. Resistance meaning something that is keeping your vibration down. When you do this, it makes it easier for you to realize that it is you who has to let go of the resistance so your vibration can rise rather than looking for others to change as a source of your relief. As you know you have no control over others, you simply decide on what vibrational level you are going to meet them.

Other empowering words you may want to introduce into your vocabulary are soothing and relief. When you feel stressed in one way or another, these words can trigger you to take it upon yourself to shift your thinking to thoughts that feel better rather then looking for people or circumstances to

change for that feel better. This keeps you in the driver seat of your vibration and what you are attracting into your life, this is true empowerment.

For the next 7 days, at the end of each day, ask yourself “What was the evidence I received today about my vibration”. “What did today’s circumstances and interactions with people tell me about my vibration”. If you had things that didn’t feel good then you received evidence that you are offering a low vibration (resistance). If you had things that did feel good then you are offering a high vibration (allowing). If you had things that were good and not good then you are offering both high and low vibrations around different topics. If you received evidence of a low vibration, really look at what you are telling yourself, what is the story you are telling yourself about that situation? What beliefs do you hold that make you feel less than the powerful abundant being that you are? Where you find faulty beliefs and a story that is not what you want, change them. Let the circumstances help you to be clearer about what you want. You will get more information and practice about identifying and changing beliefs and your story in the coming weeks. You can use this information to help with those exercises.

Also, from your work so far in the program you would have started to collect tools to help you find relief and soothing thoughts when negative feelings are brewing. If these tools haven’t provided soothing and relief from negative feeling thoughts for any circumstances you have identified in this exercise, keep a list and as you collect more tools and strategies, identify which ones are most effective for giving you relief for those circumstances. As you sooth the situations you don’t like you will find your vibration rises and you actually stop attracting those situations.

Questions

1) What are the two reasons why you would want to understand the level of satisfaction with the various areas in your life?
2) What is a characteristic that is needed to work through this program and change the results in your life?
3) Why is it important to be aware of the words you use?
4) What is the benefit of writing down an affirmation?
5) What can you do to make an affirmation even more powerful?
6) What is the difference between “seeing” and “observing”? How important is this to attracting the life you desire?
7) What is the small shift you need to make in order to cause what you want to be attracted to you?
8) What is the difference between an empowering perspective and a disempowering perspective? Why is it so important to know this?

MODULE 1

Week 3

Are Your Beliefs Serving You?

In Week 1, you wrote down what you don't like about your life. You then used that information to help clearly state what you do like and want. However, in order for these wants to be attracted into your life, your beliefs must support them. This week we will look at your beliefs to make sure they are in alignment with your wants.

In preparation for our discussion on beliefs, it is important to understand how feelings come into play with regard to the formation of beliefs. For this reason, let's just have a quick review of what a feeling is. A feeling is an emotion combined with a focused thought. You may or may not be aware that you are focused on a thought stream, but regardless of being aware or not, a vibration is produced all the same. So if you feel happy because you are thinking about buying a car, the emotion of happy, together with the focused thought of a car, is the feeling. If you are feeling angry about something or sad or overwhelmed, you may not realize what you are thinking about to bring on that feeling, you may just be more aware of the feeling. Each feeling is a unique vibration and causes the attraction of a vibration that is equal to it. This is why we really want to raise our awareness about what we are thinking about. When we raise our awareness we can choose thoughts that feel good. When we choose thoughts that feel

good we are at the vibration of what we want because it feels good (that's why we want it). When the vibrations match then what you want manifests in your physical life. Maybe not this instant but it is unfolding. However if you have a belief that causes your thoughts to be low vibration then the vibration in your present moment conscious mind thinking is not equal to the vibration of what you want and it cannot find you. This is why you must understand the power and dynamics of beliefs and know when and how to change them to produce thoughts that equal the vibration of what you want.

One other item before getting into the detailed discussion on beliefs is that right now you have beliefs, and the major ones, if not all of them, were almost certainly formed in the first 10 years of your life. They vibrationally reside in your subconscious mind. The only way you can know what they are is to look at what is going on in your life; that is, what you have and what you do not have. The reason for everything in your life or what is missing from your life that you want is due to your beliefs. When you do not have what you want, you have limiting beliefs. Limiting beliefs are faulty because, as you know from the truths and laws that you have studied in this program, we live in an unlimited universe of energy; we have unlimited access to this energy, and we can transform it into anything we like, when we like and for as long as we like, providing we are abiding by the laws of the universe. We do this by choosing our vibration.

So, although we can start at any moment to embrace beliefs that support our wants, we must keep in mind that we are doing this while existing beliefs are exerting their influence. This is critical to understand because it can, at times, make the job of forming new beliefs quite challenging. You must realize that you really need to focus and pay close attention to the process of embracing new beliefs. It will take conviction, commitment, trust,

repetition and patience to build the new supportive beliefs while the old limiting beliefs are still at work. In fact, old limiting beliefs can and usually do have a great deal of momentum, and this can cause you to think that your work to form a new belief is not doing any good. You may think nothing is changing, but it really is and if you stick with it, one day the new belief will have more momentum and become the dominant influence of your present moment thoughts, feelings and therefore vibration. Once this happens you will find that what you desire starts to manifest in your life because now your present moment conscious vibration is equal to the vibration of what you want. In other words you now have beliefs that support your desires rather than beliefs that inhibit or cause resistance to them. As the new belief starts to take hold you will see changes, but you must persist with your new thoughts and feelings that support that new belief until that new belief becomes dominant; that is what ensures a permanent change in your life experience. It's like putting out a fire one bucket of water at a time. You just have to keep going until it is out completely or it will flare up on you again. You will notice the heat reducing as the fire settles down and when it is out you are free from its effects. This is the same for a limiting belief, when it is no longer given attention you are free from its effects.

Now let's look at what a belief is. This will help you to understand how powerful it is, how it forms and how you can change it. A belief is really nothing more than a thought>feeling accepted as true and continuously repeated. It's the repetition of the thought>feeling that gives it momentum and thus a belief. You could say a belief is simply a habit of thought. Once we have a habit of thought on a certain subject or topic we tend to automatically react or respond on that subject or topic without considering any other perspective or point of view. Once the belief is established,

continuing to repeat the thought>feeling that supports the belief will give that belief more momentum. Our beliefs become our truths, what we think is “real”. You can see how beliefs can be limiting when they are not in tune with the truths of nature as you have seen in the article The Missing Pieces. As our beliefs get more firmly planted, they influence our thinking until a cycle is developed. Think a thought, have a feeling, give rise to a vibration, manifest what is equal to the vibration. Then we say see its true and we reinforce the belief which then more dominantly influences our thinking and round we go, continuously manifesting what we belief. This is great when your beliefs support your wants but when they do not, you can see how you simply cannot manifest what you want. Your belief keeps your conscious mind away from the vibration that is equal to your desire and therefore it does not manifest. This is the reason you want to be very diligent with your thoughts and feelings to be sure they are focused on producing the vibration that is equal to what you desire. When you do this you will be building the momentum of beliefs that support what you do want.

The more momentum a negative belief gets the stronger its influence to keep you thinking and feeling negative, it is a paradox. That momentum can push you further and further out of alignment with your source self as you seen in the self-alignment diagram earlier in the program. As this misalignment increases it will start to affect your physical and mental health as well as your circumstances. To be clear, how can a belief push you further and further out of alignment? When the belief causes frustration for example and that turns to anger which then turns to despair, you are increasing the degree of misalignment. In other words the deeper the negative feeling, the greater the misalignment. More will be said about the emotional scale as you move through the program.

So as you can see, beliefs are critical in this process of attraction and in their impact to your whole life. To illustrate how a belief can cause subsidiary and spiraling negative emotions and unwanted attractions consider this. If you want a loving relationship, which is a high vibration because it feels good, but you are not experiencing it because of negative beliefs like men / woman are … or I am … that cause you to think negative feeling thoughts, then you may start to feel lonely, hopeless etc. In this example, the relationship cannot come because there are negative beliefs which cause a mismatch to the vibration of what is desired. The absence of the relationship then causes additional negative emotions and puts more resistance in the way of attracting that desire, that is, the low vibration of loneliness does not match the high vibration of a loving relationship. What makes matters worse is not only will you not attract the relationship you want, you will attract the relationship you don't want because we are always in attraction mode, its just a matter of what we are attracting not if we are attracting. So if your down in the vibration of loneliness you will attract what equals this vibration.

Negative feeling thoughts about anything will simply cause the attraction of more negative thoughts, and as the momentum picks up then manifestations begin; that is how the law of vibration works. Beliefs are serious items that basically control your physical life experience, but the good news is that you, your thinking self, ultimately has control over your beliefs. You will see the "science" behind this as you move through the program.

There is also another aspect of beliefs that make them even more powerful. In addition to beliefs influencing the vibration that attracts what you experience, they also cause a self perpetuating cycle. This concept is critical for you to grasp if you want to change what you are attracting into your life.

It may be easiest to understanding this concept by following an example. Let's say you believe that you always get a red light in traffic or that you always get in a traffic jam. When you hold that belief you of course attract that circumstance. When it happens, because there is momentum from you telling it to yourself over and over (the belief), you tend to automatically go with that momentum and you repeat the thought and feeling all over again: "I always get a red light", "I always get a red light", "I always get a red light". This repetition causes the belief to gain more and more momentum. It's like a snowball rolling down hill, the faster it goes the bigger it gets and the bigger it gets the faster it goes. The cycle is this: thought > feeling > belief > attracted circumstance > (same) thought > (same) feeling > (reinforced) belief and around it goes. So you see the cycle causes you to stay in a loop, if positive, great, if negative you keep attracting what you don't want.

So not only are beliefs the powerful fuel for attraction, they also setup a loop to perpetuate themselves. Like auto pilot in a plane or cruise control in a car. As long as you are on course these things are great, but if off course, things can get rough.

There are two kinds of beliefs: Direct and indirect. An indirect belief is general, like a belief that money is in some way negative. This belief can cause resistance when you want to buy things or buy things at a certain price for example. Another type of indirect belief could be related to attracting a mate. A belief that relationships are painful or I don't have time for a relationship would cause an attraction that would not equal the desire for a loving relationship. Do you see when your beliefs do not support your wants you don't get what you want, you get what you believe? A direct belief could be "I get a cold every winter" or "I always get in a slow check

out line". These beliefs setup an expectation which is a very power ingredient in what is attracted. The fact is there is no truth to those beliefs at all, they simply came to be from experiences or information accepted as truth. A belief that causes low self-worth and image will directly attract to you behaviors that represent your self-image. It could be in a relationship, at a job, in a store, virtually anywhere. People will never treat you better than you treat yourself. People will never think more of you than you think of yourself.

An example of the effect of an indirect belief is as follows: if you want to buy a car, and you have limiting beliefs in the area of self-worth, money or having material possessions, you will not go after the car you really want, you will go after the car that fits with your beliefs (settle for the one you believe you can have). Take a quick look at your life and observe, are the things you have what you really want? Or are they what you have settled for? If you settled then you have some limiting belief(s).

Much of the beliefs that we have accepted are the result of experiences and influences that showed us a world of limitation, scarcity, powerlessness. This has led to insecurity, vulnerability, uncertainty and fears of all kinds. That has resulted in us tending to negative thought>feelings about many things and adding momentum to our negative beliefs. It also keeps that self-perpetuating cycle going strong; the one that keeps us attracting what we do not want.

Not being aware of the power of beliefs and how they operate can really cause frustration and an overall feeling of powerlessness in our life. When we do not connect how our repeated thought>feelings turn into beliefs which highly influence our thinking and therefore the attraction of our experiences, its as though someone is pulling our strings. When someone

shows up in our day with something that doesn't feel good, doesn't seem fair, we say "why are they treating me this way"? When our body breaks down, we just don't know what is going on, why it is happening and that leaves us with a strong feeling of uncertainty and vulnerability. This again perpetuates fears which gives more momentum to all of our limiting beliefs. Our lack of knowledge about our subconscious mind, the formation of beliefs and vibration really cause us to unknowingly give momentum to our negative beliefs. The circumstances that come from these negative beliefs really invoke us to take things personally, have knee jerk reactions and keep the cycle going. This causes us to endure many experiences that we do not like, and that is a very high price to pay for simply lacking the knowledge of how our mental faculties work. This realization alone will set you on the road to empowerment and taking charge of your life.

We can easily break this self-perpetuating cycle, but there are three reasons we do not.

- We are unaware that there is actually a gap after a stimulus. In this gap is where we can think and choose a response, one that will get us more of what we want. We do not have to go with the momentum from the negative belief.
- We are unaware of the power of choice; that is, what difference it makes in our life to choose positive rather than negative, so we tend to allow our self to get locked into the cycle and go for the ride, not realizing what is happening from a vibrational point of view
- We are unaware that we can choose a thought>feeling in our imagination which is completely independent of what the 5 senses are observing. Our imagination allows us to send a new vibration to our

subconscious mind and therefore start building a new positive belief that will attract what we want.

Once we understand these 3 items, we realize that we have the power to break the cycle and change our life experience. We know that when we stop giving attention to ‘what is’, and instead give attention to what we want to be, then our vibration starts to change and we start attracting what we desire. Steven Covey in his book “The Seven Habits of Highly Effective People” talks at length about the gap where we can choose before responding. It is our point of power to change our lives.

If we would just embrace the fact that no matter what anyone does towards us, they are, from a vibrational point of view, never attacking us, never doing anything negative to us in any way. They are only bringing us what we vibrationally asked for. Once we get this, then there is absolutely no reason whatsoever to react to it. When this happens, there will be no more reason for fights of any kind. ***There are only two sensible responses to any situation: one is compassion and the other is gratitude.*** Help the other if you can and if not, and if only in your mind, thank them for letting you know about your vibration. They just gave you an opportunity to improve your life by letting you see where you need a vibration shift. Of course the other thing is if it is a pleasing situation, you would outwardly show gratitude and use that to increase your vibration.

When we look at how this works in real life, it goes like this: if you grew up in an environment where you were repeatedly told something about yourself and you accepted it, whether positive or negative, you would start thinking>feeling that way about yourself. That is, you would develop a belief about it and each time you had the same thought>feeling, you would be giving the belief more momentum. This would make it easier for you to

fall into the same thought>feeling the next time you face a circumstance attracted due to the influence of a belief. So, for example, if a person develops an “I am not worthy” belief at a young age, and it gets momentum, it starts attracting people and circumstances, including health matters, that represent that low vibration belief. Maybe, it’s an abusive relationship, maybe it is self sabotaging behaviours, maybe it is a physical injury. ***These circumstances really baffle us because there is no understanding of the law of vibration and that we are a vibrational being, so we make no connection what so ever between that belief in our subconscious mind and what is happening in our life.*** And because of this, we participate in the cycle like it was the only option. We keep reacting and giving it momentum and it keeps us going round and round in a cycle of attracting the thing we don’t like over and over again.

So now you know what a belief is, how it is formed and what power it has. To further understand this cycle and how you can interrupt it to create a new belief, see the diagram on my website called “The Law of Vibration and Attraction Cycle” at http://highervibrationsnow.com/?page_id=1065. It references an article to explain the diagram.

As you can now see, it is very critical to the quality of your life to identify your beliefs, to see which ones support the attraction of what you want and which ones cause you to attract what you don’t want. This is another crucial step in helping you to get the results that you want in your life. Once you identify a belief that is not supporting what you want, you can then embrace a new supportive belief in the same way; with the repeated focus and acceptance of a thought>feeling.

Our limiting beliefs and incomplete knowledge of our true self, keep us very focused on appearances, on what is, and they keep us tightly tied to the

physical world as the totality of life. This causes us so much damage in our life. Instead of living from the knowing of endless supply and all possibilities, we are often watching our back; wondering if we have enough, if we will always have enough of things like love and money. Fear, worry, and doubt hang around like vultures. This causes us untold stress and tension in all areas of our life and negative feelings abound. We endure hurt feelings, we have negative reactions, we blame, judge, criticize etc., more as protection mechanisms and stress blow outs than anything else. And unbeknownst to us, when we do these things, what is actually happening is that we keep inviting the things we don't want and like.

You need to realize that your thinking, feeling and reaction is because of your belief, not the behaviour of another, not your self talk, not the state of your health, those things are simply the attraction of your vibration. Once you accept this it allows you to detach, identify the belief and displace it with a truthful and accurate affirmation 'I deserve the best', 'I love myself unconditionally', 'I am enough and everyone treats me with the utmost respect, appreciation and kindness'. Once you "get into the feeling" of this affirmation, this will impress it on the subconscious mind. If you keep doing this it will create a new belief which is in alignment with your true self and once it becomes the dominant belief, it will then become the vibration for what is attracted into your life.

To put this week's material into perspective, what you did in Week 1 was to get in your car, start it, put your hands on the wheel and press the accelerator to drive towards what you want in your life. But wait, the car is not moving, why? The emergency brake is on. The emergency brake is to the car like your beliefs are to your life. When your beliefs are not in harmony with your desires, they will prevent you from moving to your

desires because they are diverting your focus and intention to what you don't want. You need to release that emergency brake, and the way to do that is to displace faulty, limiting and fear based beliefs with the truth about you, about abundance and about the laws of vibration, expression and increase. If you were to believe that there is enough time, enough money and enough love for everybody, and that abundance, health, happiness, creativity and success are built into each and every person, would that not radically change the way you approach life? These are the kinds of beliefs you need to replace the old faulty ones with in order for you to experience the life of fulfillment that you came here for.

Exercise 1 of 2 – Converting your beliefs to the truth

Mind Mastery Area 1

This week, answer the questions below; they will help you to identify your beliefs. Once you do this, anywhere you find one that is not supporting you; write a new belief to replace it, one that supports what you wrote in week 1. For example, if, when you were growing up, you believed that money was hard to come by (and that meant you didn't get something you wanted); change this to something like; money is everywhere and it comes to me easily and effortlessly to support all of my dreams and desires. I can have whatever I want, whenever I want. Now I know that is not going to instantly change your subconscious belief or your circumstances, but over time as your subconscious mind accepts this, you will start to see your experience about money change. As your conscious mind holds this vibrational truth repeatedly and consistently, it will be accepted in your subconscious mind as the new belief pattern, becoming more dominant over the existing limited belief. This is how that limited belief got there in the first place, through repetition. As a child, you simply were not aware of

what was happening, but as you heard people talk about it and you accepted it and seen people “act as thou it were true”, repeatedly, your subconscious accepted it as true, as a belief pattern. You can now do the same process only create a truth based belief, one the supports the manifestation of what you want.

When answering the questions below, if you feel that you have a strong and healthy belief in any area then there is no need to explore that, we are simply looking for beliefs that may be sabotaging or holding back one or more parts of your life, like that emergency brake.

You can keep your answers short, just enough to know where changes are needed and to restate the belief in a way that will support what you want. I have posed a number of questions with each belief topic. You do not necessarily need to answer them directly; they are more of a guide to help bring awareness to what you believe in these areas.

1) What do you believe about yourself? How do you see yourself? Who are you?

Do you have a peaceful relationship with yourself, a high level of self-worth, self-image, self-respect, self-love, self-acceptance, and self-esteem? If so, go to the next topic; otherwise identify possible beliefs that may be the underlying reason for the way you see yourself.

How did the people in your life talk with and treat you in your early years? Was it respectful, appreciative, loving, kind? Did it highlight your uniqueness, your abilities, and your talents? What were the behaviors, expressions, attitudes, beliefs and experiences you were exposed to when you were young that left an impression about who you are? How have people talked with you and treated you throughout your life? How did you

feel about your intelligence, your body, your looks, where is your comfort level with sexuality? How has your life resembled any of the beliefs you had about yourself when you were very young?

2) What do you believe about money?

Do you have a peaceful relationship with money? Is there any fear? Are you satisfied with your financial life? If so, go to the next topic; otherwise identify possible beliefs that may be the underlying reason for your experience with money.

What did you hear about money when you were young, how did you see it used, how did people talk about it? What is your interpretation of what money is and is not? What is your experience with money now? Not so much about how much you have but are you at peace with it or in fear of it (losing it, not enough, wasting it)?

Keep in mind, your self-image will also affect your experience with money.

3) What do you believe about relationships?

Do you have, and have you had throughout your life, flourishing, “feel good” and healthy relationships across the board? If so, go to the next topic; otherwise identify possible beliefs that may be the underlying reason for your experiences.

What did you notice about the relationships between married (living together) people when you were growing up? Was what you seen pleasant? Did people treat each other well? Was there respect and appreciation? Was conflict and differences dealt with kindly and effectively? In communication, was there listening and understanding or was it fight or flight?

How about relationships in general, what did you see at school, in the home of others, in the community, with friends? What did these things teach you about interacting with others? How have these things influenced or recreated themselves in your life?

Keep in mind, your self-image will also attract the quality of relationships you experience.

4) What do you believe about health?

Are you feeling satisfied with your level of mental, emotional and physical health, wellness and fitness? If you continue to do what you are doing will your health remain satisfactory and enable you to fully enjoy life? If so, go to the next topic otherwise; identify possible beliefs that may be the underlying reason for your health experience.

Growing up, what idea did you accept about health, that is, do you believe you are independently able to maintain health versus “it runs in the family”, or it’s just random or the Dr. will fix me? Was there sickness around you as a child and how was it handled? Was there a focus on fitness? How was health and wellness talked about? What was your expectation for your health as you grew up? Do you believe it is “normal” for people to get sick as they grow older? What do think causes health? What is the state of your overall health now and how does it relate to what you accepted about health when you were young?

Keep in mind, your self-image will also affect your physical, mental and emotional health.

5) What do you believe about a career?

Do you feel that your career, job, business is the right one for you? Does it fill you up with excitement? Is it psychologically and emotionally satisfying? Does it allow for your expression and creativity? Does it allow you to live in the service of others in a way that you feel fulfilled? If so, go to the next topic otherwise; identify possible beliefs that may be the underlying reason for your career experience.

What did you come to believe about how you would grow up and get into a career? What was the attitude of the people around you in terms of working? Was it working at something you enjoyed or more about working for money and security? Was it something you were lucky to get or something in your hands to make happen? Did you have an interest for a career when you were growing up? Were you encouraged to follow that interest? What was the motivator for the career you chose, why did you want to do it?

Keep in mind, your self-image will also affect the quality of your career experience.

6) What do you believe about moving through life?

Are you feeling satisfied with how you are moving through life, if so, skip this following paragraph?

How did you see life coming together in terms of school, job, getting a partner, a home etc? What would life look like as you grew older? Were you excited or scared or lost? Did you feel prepared and supported? Did you feel supported in your interests or were you influenced to do what would be considered “successful” (in the eyes of society or others)? Does your work life and home life look like what you expected it to? What was your image

of what a “good” life is? Did you believe you determined your life situation or that other powers outside of you determined it?

Keep in mind, your self-image will also affect the experiences you have as you move through life?

If you can understand these six areas, they probably contain the beliefs that will be the underlying drivers for any other areas in your life.

The value of this exercise is to dissect what you have stored as beliefs so you can see what beliefs you need to change to come back into alignment. Once you see your beliefs on paper it may hit home exactly how much impact they are having on your life by diverting your focus and feelings to attract what you don’t want. Energy is always flowing, its just a matter of where we are directing it with our attention and intention. You can think of it like a train on a track going through a switching station, the setting of the switch determines the direction that the train will follow.

Did you find that your beliefs lined up with your wants from Week 1 or did they need to be restated to get that alignment? To repeat, what is important to understand here is that your beliefs always win over your wants. To say that another way, your beliefs will keep you away from your wants if your beliefs influence you to a low vibration. When you are dominantly choosing a low vibration then you are not a match to what you want which is always a high vibration. For example, if you want a loving relationship, but you have a belief that relationships cause pain, your subconscious will cause you to sabotage any attempt to be in a loving relationship and or it will attract a relationship that causes pain (equal to the vibration you are offering). That being said, keep this in mind, beliefs can cause compound issues as well. To continue the example, if you have a belief around a fear

of being alone (like, why would anyone want to love me), you may settle for a relationship that you are not really, in your heart, completely satisfied with, but yet it is less pain then being alone. The relationship itself may not be painful but the underlying dissatisfaction could cause a low vibration which is most likely to cause discord in the relationship. The best way to live life is by the laws and in alignment with your true self and your desires. Set your target and experience what you want by making your beliefs line up with your wants. This way there is no drama, no dissatisfaction, no low vibration, just happiness and enjoyment of life. Once you re-establish a belief that relationships are loving, supportive partnerships or perhaps that you are worthy of a loving relationship, then that is what you will experience. This exercise shows you which of your beliefs need to be changed in order to match them up with what you want. To say this in another way, you need to keep your thought>feelings acutely focused on something that keeps you in the vibration that is equal to what you want.

To further help you identify faulty and self-defeating beliefs, consider the following: If you want to do something or have something but somewhere in your mind are the words ‘I can’t’, you most likely have a faulty believe because you have access to the field of all possibilities so I can’t is not possible. When you say you can’t, what you are really saying is you won’t. The reason you won’t is related to some faulty belief. Further, if you are waiting for something before you carry on to a goal, it is another sign of a faulty belief at work. If you are waiting for things to line up, “I will do it when …” you are most likely holding yourself back due to a faulty belief around some type of fear or simply a belief that causes you to be disconnected with your power to manifest.

Exercise 2 of 2 – Converting your fears to faith

Mind Mastery Area 1

This exercise will help you to further identify faulty beliefs by listing your fears: things that you think about that bring on fear of some sort. A fear will be based on a faulty belief which has its roots in faulty information or a "bad" experience. Beliefs that cause fear can really keep you from achieving your goals and dreams and keep you stuck in places you don't want to be. They can also have you working overtime and feeling stress to hold on to something you want because of a fear of losing it. It would be very helpful for you to print and read the article Fear versus Faith on my website at http://highervibrationsnow.com/?page_id=462. The reason to print it is to highlight any parts that really resonate with you and can help you move away from fear and into faith (trust and confidence in yourself). Having quick reference to something that can move you from fear to faith is going to be very helpful in shifting your vibration. **Also use the article to write how you can overcome the fears that you list in this exercise.**

Fear and its associates, worry and doubt, at times, concerning your job, relationships, financial situations, and your performance can really grab your mind and hang on. It's like being in a storm at sea where wave after wave is pounding you as you try to catch your breath. They can have you setting up scenarios, conversations and images in your head that you constantly replay like a CD player on repeat. To take charge of your life, it is essential that you release and detach from this negative energy, otherwise it will cause like energy to be attracted to you. But how? It seems so forceful and strong to dominate our mind. Here is a little trick for your toolbox. What you want to do is make them your friend and use them to your advantage. Every time they show up say something like this ***"Thank you worry, fear and doubt, you just reminded me of who I am, what I want, why I want it and what I have to be thankful for"***. You can affirm all

of those things and it will lessen the intensity of that fear. As you keep doing this, the fear will disappear, being replaced by trust and confidence. If you repeatedly turn to truthful affirmations you will retrain your brain for a positive response to virtually anything because the new belief will support a positive response. Later in the program, gratitude and purpose will be covered but for now reminding yourself of who you are, what you want and why, is something you really need to connect with daily until it becomes your natural truth and vision. Further, it will help you to turn away from the negative. The more time your mind spends on the wanted, the less time it has for the unwanted, and therefore the more wanted you will attract to you. To help you connect with the truth about who you really are you can see my website article called "Why Everything is OK" at http://highervibrationsnow.com/?page_id=1368.

Now that you have setup beliefs that are in alignment with the laws, and therefore, will support your wants, your job is to be consistent and repeatedly turn away from negative feelings by getting emotionally involved with these new beliefs. It's great to identify the beliefs that will serve your desires but unless you do the work to activate them in your subconscious mind, you will not see the change in your life, the old beliefs will continue to be the point of attraction. It's all well and good to dream, but if you have no foundation as to why you should expect those dreams to come true, you will not get very invested in them. Once you know you have the power in you and the support of the universe behind you, you will be far more motivated to put the time and work into changing your beliefs.

Questions

1) What is the reason we don't have what we want in our life?
2) What is the reason we have things in our life that we do not want?
3) What is a belief?
4) How do you change a belief?
5) How quickly can you displace a belief?
6) How do you cause your wants to be attracted to you?
7) Why can we get stuck in a cycle of negative feelings and the related attractions?
8) Where, in the cycle, is the critical point to interrupt and change what we attract?
9) Why do we base so much of our thinking and choices on appearances? What are the consequences of doing this? What other option do we have?
10) Why is it self sabotaging to blame, criticize, judge or accuse others?
11) Why are beliefs like an emergency brake on a car?
12) In terms of beliefs, what is the one that affects everything in your life?
13) When you say you can't, what does that really mean?
14) Why is a belief that is rooted in fear, faulty?
15) How can you turn fear into your friend?
16) What gives you the confidence to know that you can attract your desires?

MODULE 1

Week 4

A New Declaration, Setting the Direction for Your Life

This week is about getting your mind to focus in the direction you want your life to go. To do so you will also learn how to identify and release negative thought patterns and habits that are redirecting your focus to the things that you don't want. Before we get into this week's material, here is a quick summary of what we have done so far to clear the way for you to start getting more of what you want out of life.

Having completed the exercises in the previous 3 weeks you now have identified:

1) What your life has been about that didn't / doesn't feel good and what does
2) What area or areas of your life are the most important to increase your satisfaction
3) What beliefs you have that are not serving you, causing you to attract what you do not want
4) What new beliefs that will support you in getting what you do want.
5) Who you truly are as a human being
6) What helps you to move to a high vibration

You also now know from reading my article on my website called The Missing Pieces, that there are specific truths and laws that govern the universe and our interaction with it. You may not totally believe in them yet, but in time as you go through this program and stick with them every day, you will become very comfortable with them and see that they are indeed in operation at all times. This will cause you to have greater trust, belief and faith in your power to take charge of your life. It will also cause you to trust that the universe is supporting you. This knowledge and understanding will bring you to a place where fear cannot live. In other words, your trust, confidence and faith in yourself and in your relationship with the universe will simply make you realize that there is nothing to fear. You will then be free to pursue the life of fulfillment that you came here for.

In addition to knowing the laws and truths, you have more of an understanding of why faith is more powerful than fear from the article Fear versus Faith. Understanding why there is no basis for fear is one of the key ingredients to empower yourself and take charge of your life.

Now that you have identified, in the previous weeks, what is getting in the way of attracting what you want, let's start the work to get rid of those things once and for all. There are three crucial reasons to let that stuff go:

- What you focus on expands
- Everyone is doing the best they can with the information they have
- Those things you are experiencing that you don't want are the result of faulty information and beliefs

Let's take a closer look at each one

1) What you focus your attention on expands in your life. If you are holding any negativity about another person, it is ruining ***your*** life, not

theirs. The reason is simply explained by the law of vibration. Your negative emotions send a vibration impression to ***your*** subconscious mind, not theirs. Whatever goes into your subconcious, get's attracted to you. Plain and simple, cut and dried. You can stomp your feet, scream and yell it's not fair but in the end you simply get what you put into your subconscious. Do you want to be "right" or do you want to be healthy, happy and successful. Further, holding negative thought-feeling-images about yourself sends a like vibration into your subconscious. This sets you up for what you don't want; therefore, be sure to maintain complete identity with your true self as outlined in this program and you will treat yourself with the utmost respect.

2) Know this, the people that influenced you during those young impressionable years did the best that they could with the information they had, and it had many missing and faulty pieces. Let me repeat that, they did the best that they could. You can take them out and question them inside out and upside down as to why they did what they did, but you can't get blood from a stone. They couldn't give you what they didn't have. You simply must realize that their life had some degree of discomfort, dissatisfaction or pain because of the missing and faulty information which translated into their behaviors and choices. In their struggles, they did the best that they could, unknowing what effect it was having on you. It is simply now time to love them, see that child in them. You must realize that their inner self had at least a few faulty layers and this affected how they lived their life. In fact, to the degree that you found their behaviour unpleasant would be a sign of how many layers they had / have. Anyone who acts unpleasant has layers (faulty beliefs). I am not condoning anything; it just helps you to understand what is going on and allows you to be more compassionate

and less defensive. You too probably have layers but now you are learning the information that will allow you to return to your natural state rather than passing the same old faulty information on to the next generation. If you hold on to past hurts, you are simply going to recreate the essence of past hurtful experiences. That fact alone should be enough motivation to let them go.

3) Just face it, you were not given the human beings user guide. In terms of life, you are really winging it and taking information from others that are winging it. The only way you can get a handle on your life is to get hold of the users guide and this is it. This program allows you to see where you are, why you are there and then gives you the information and tools that allows you to see your true and powerful self to take charge of your life – natures way. It allows you to put your life where it naturally belongs; in a place of health, happiness and harmony. It's time to be the driver instead of the passenger of your life.

Exercise 1 of 5 – Declaring your new direction with intention.

Mind Mastery Area 2

Ok, it's now time to put your foot down, make a mark in the sand, set sail for the life you want. Take that list of things in the column of 'what you want' from Week 1 and use one of the formats after this paragraph (or something similar) to state the new direction for your life. Just open your imagination to allow yourself to see what you want to see with no limitations or thoughts about what you can't have or why. Think as big as your heart wants to. Don't get too hung up at this point about having it perfect. We will fine tune it throughout the program and it is something you continually update as your life moves forward. What you want in a year from now, in any one area, may be different or differently defined from

what you will write now. Just splash them down on paper so you have a positive image to focus your mind on. A word of caution, we are just starting this process and it is very good for you to be excited about the images and the direction you can see, but be patient, it does not mean those things will materialize tomorrow. You have to do the ‘mind’ work. There is another 16 weeks of learning to understand what it takes to get your vibration and images in the state for maximum attraction. I am not saying something won’t show up tomorrow, but just remember there is still work to be done to displace those beliefs in the subconscious mind. They still have influence until they are totally displaced. This is why your work from Week 3 is so important; you need your beliefs to support this new direction. Once you impress the new images the law says those images must be attracted to you. Your part then is to allow those images into your physical reality by maintaining a high vibration. We will cover that in the upcoming weeks. OK go ahead and make your declarations.

I have had it, please show me the way to - (Example, enjoy going to my job every day)

(Example, a respectful, supportive, loving relationship)

Or

This is enough, what will it take to - (Example, enjoy going to my job every day)

(Example, feel OK about enjoying my self)

Or

I am now ready to accept - (Example, that I am worthy of success)
(Example, a healthy and fit body)

Or

What will it take to - (Example, have a respectful, supportive, loving relationship)

(Example, have an interesting and rewarding job)

Or some other statement that grabs your heart, your gut and your mind so that they know you are serious; you are taking charge. You are reaching for that steering wheel, you have had enough of being jolted around, getting what you don't want and putting up with "stuff", you are going to take over this ride we call life.

This exercise will start to get that invisible energy working for you. It will open doors and opportunities for you to start a move towards whatever it is that you identify, and for it to start moving towards you; its action and attraction. There is no luck or chance. It is cause and effect Period; with vibration being the cause. The universe works in ways beyond your comprehension to bring your desires to you. It brings together what is needed for you to have the experience of your intention. You don't have to give one second of thought to how it is going to happen or figuring anything out. In fact, if you do, you are slowing the process down. The universe is taking care of the how; all you need to do is define the "what". Therefore, your job is to setup that crystal clear picture with a burning emotional desire, an unwavering commitment to the process and yourself, understanding who you really are and what power you have, faith in the laws that govern the universe, gratitude for all that you have and all that is coming, determination and conviction. Add repetition, patience and expectation and this really contributes to your success. Another critical piece to your success is that you will need to learn to keep worry, fear and doubt out of the way as they can redirect all of your efforts. You will learn

more about how to do this throughout the program, particularly in Module 2.

One of the statement formats I suggested contains a question. Questions are a great way to get awareness and answers. You may have heard the statement “The answer is in the question”. When you ask a question, it sets the universe in motion to bring you the answer. Positive questions are very positive energy when asked with expectation and intention and will attract the answer. To hear the answer, to receive the answer you will need to be in a high vibration, that’s where all good things are because feeling good is a high vibration. Every intention with feeling that you hold is energy at some frequency and there has to be an equal to it; this is the law of vibration. The answer can come very subtly so be on the look out. You can use questions for anything in your life that is perplexing or where you are looking for a solution; even something as simple as a misplaced object that you are looking for. You will find that “what did I do with (fill in the blank)” or “show me where I put (fill in the blank)” or “where did I put (fill in the blank)”, get’s you much better results then getting annoyed, frustrated and critical. But remember the question must be backed with expectation, calmness and patience (high vibration). If you find these characteristics are currently not your strong points, you will get tools throughout the program to help develop them.

This is a great time to mention your mental faculty of intuition. When you ask a question, the answer will “pop” into your conscious mind if you are listening, relaxed, calm, patient and ready to receive it. It’s a powerful tool we have so be sure to start using it. At this point, given our conditioning to live by our 5 senses and filling our life with “action” and “noise” you may not notice it but I can assure you it is there and if you strengthen that

intuitive muscle you will be pleasantly pleased with how easy it can make life.

Exercise 2 of 5 – Identifying triggers that take you to a low vibration

Mind Mastery Area 3

When you choose to respond in a new way to the situations in your life versus reacting in the same old way, this is the point where you get to shift your vibration and change your life. At that moment when you are about to react in the same old way, if you do, you reinforce the vibration that attracted that unwanted situation and cause the attraction of more of it. You do not have to engage that same old reaction, you can choose a new response. Choice is one of your very powerful innate faculties that enable you to be in charge of your life, and will help you do so if you will use it effectively. If you use it to interrupt that old reaction pattern and select a new high vibration response, you stop the cause for the attraction of that unwanted situation and cause a new wanted situation to be attracted instead.

For the next 7 days, list every thing that happens in your day that causes you to go to a negative emotion such as fear, insecurity, frustration, anger, depression, annoyance, unworthiness etc. This will give you an idea of how much time and focus is being given to low vibration emotions and therefore help you see what kind of energy you are putting into attracting what you don't want. Once you gain this awareness of how your choices are causing you to attract what you don't want, it will motivate you to change your responses to ones that support attracting what you do want.

Sometimes, oddly enough, these negative emotions can be very subtle in that we are not really aware of the extent and regularity of their presence. We simply get familiar with feeling them and they become "the norm". We

unconsciously accept them as normal because they become a habitual reaction, one that we simply accept as “us”. I can assure you that any negative emotion you choose has nothing to do with your source self. You will want to start being on high alert and super sensitive to the presence of these negative emotions. One thing that can help you to gain greater awareness of the presence of negative emotions is physical sensations like a knot in your stomach, tightness in your chest or throat, a headache, or it might affect your energy level. There may be behaviour changes as well such as withdrawn, nervous, or short temper. Use every sign you can, every bit of awareness you have to list these things and bring them to the surface so we can work on replacing them. Emotions are your guidance system. If used as intended they will always guide you to your greater life, if not they most likely will sabotage your life. That is no different than anything we use, when used as intended it yields the results we desire, misuse usually ends up in results not desired.

It is almost certain that when you find yourself in a negative state or having a negative response to a situation it is related to:

- A (faulty) belief from a memory of some “bad” experience
- A (faulty) belief as the result of faulty information you accepted from others
- A (faulty) belief that you took on as your self-worth, or who you are.

Our reaction to a situation can come on so quickly and transparently because of our belief’s and habitual reactions. We just fall into the same old reaction time after time and are seemingly immobilized to do anything different – its survival mode, protection mode, self-preservation, attack mode. But it does not have to be this way. This is all about to change. You

are now going to catch everything that triggers you into a low emotion and put it on your list.

Here are some examples that can potentially trigger a negative reaction:

Writing an exam
A business deal that falls through
Something your spouse says or does or does not say or do
Stepping on a scale and realizing you gained weight
Having an error in your work brought to your attention
A comment from a co-worker
Someone telling you they are going to show up and do not

If these or any other situation you can think of cause you to go into a negative reaction, realize that it has nothing to do with the person or the external condition, it has everything to do with what is going on inside of you. As the expression goes, how people treat you is their Karma, how you react is yours. It is time to track down the reason for these negative reactions and root them out.

There are virtually endless examples of how we so quickly go to a negative reaction. Our reactions are a huge part of what keeps us from getting what we want in our life. They become our energy deflectors, the things that sabotage our life by redirecting our focus and attention to them instead of keeping it on what we want. What's more, is we think that once the situation is over, and it is out of our conscious mind, that it is gone, wrong, the feelings already got deposited into our vibration which now serves as tomorrow's manifestation in our life and / or in our body. So, the consequences of carrying on with the same old negative reactions are quite costly to our life. What we really want to do is use these reactions as a trigger to help us stand back and understand their cause. The cause will always be a faulty belief. Once we identify the belief that is causing the negative reaction we can replace it with one that supports a high vibration response rather than a self sabotaging reaction. A new high vibration

response will change the vibration transmitted to your subconscious and change what is attracted into your life experience accordingly.

Whether we choose a reaction or a response is so vital to the quality of our life that I will reemphasize it here. Since we are not aware of the impact of constantly reacting negatively (because we are not aware of the law of vibration), we don't think there is any price to pay for that reaction. We think once it is over, it is done. The truth is, it is not over; it is just beginning. Oh, it may be over in our conscious mind, but the vibration of that reaction period has now gone to the subconscious whose job it is to attract experiences equal to that vibration. While consciously we think everything is back to normal, there is a tsunami brewing and will soon be on its way back to us. Without even realizing it we sent out another invitation to the universe for a situation just like the one that was unpleasant; or another one equally unpleasant. To be clear, we all have a negative response here and there, it's when we constantly react negatively or react negatively to the same thing time and again and ruminate in it that has the impact.

Sometimes when asked if we are positive and happy we will respond yes very quickly, but many times this is a response based on being unaware of what goes on in our mind much of the time or non-acceptance of our negativity for different reasons. The real indicators of whether we are positive and happy are our circumstances and our body. They never lie. They tell the story of our vibration. The wise person will use these things to reflect and correct the vibration that is causing the unwanted conditions of life. Unfortunately, without the awareness that our circumstances and health are telling us about our vibration, we repetitively indulge in negative feelings, blame, judgments etc. This simply supports the re-manifestation of

existing conditions that we do not want to continue. The good news is that this cause and effect process works on the positive side just as effectively as the negative side. But remember, it is not positive thinking alone; there must be positive feeling. If you have positive thinking but underneath it negative feeling, the negative feelings will win because feelings are the language of vibration. In order to use the law of vibration for our benefit rather than against our selves we need to keep our mind focused on the positive feelings. So start your list of situations that pull you into a negative emotion and we can replace them with something positive. This is a big part of your road to freedom and taking charge of your life.

Exercise 3 of 5 – Choosing a new response

Mind Mastery Area 3

Once you have identified the situations that give rise to and engagement of negative emotions, what can be done? The very first step is to stop your self from reacting. That will interrupt the same old cycle, the old pattern. This will allow for a pause, a delay. You have now just opened up space. In that space are virtually unlimited response options, and you will realize very quickly that you have been programmed to use only one option, the one you have been falling into time and again. But now you have information about the truths and laws of the universe, the truth about you. You know that you have the ability to choose independently of circumstances, and that the vibration related to that choice will make a direct difference in your life. You also know that you are an extension of an abundant universe and have unlimited access to it. You know it is undeniably true that you are a child of the universe, born and backed for success and no one except you can take that away, and you do that with low vibration choices.

Because of your expanding awareness of who you are and the laws that you are operating under, you now realize that any situation you have been reacting to is simply the result of your very own vibration. To engage as you always have is to deny this awareness and knowledge and to invite more of the same old results. So instead of the old way, what is the new choice, what is the new response? This may feel like strange new territory and it really is. ***You are actually thinking effectively maybe for the first time in your life. You are choosing a productive response rather than a sabotaging reaction.*** This is where you use the tools you have been gathering because when you stop and pause you might draw a blank as to where to take your mind. Go to your tools that you have worked on in the previous weeks and your vision, and use them to help you take your thinking and actions to a new place, a high vibration place. ***You most likely have to deal with the situation at hand, which may be tempting you into the old reaction, so your tools are vital to calm and soothe yourself and help you shift to a new topic or a new perspective.*** Once you get settled from the negativity you felt coming on you can then choose thoughts that take you to a positive feeling. Another thing you can do, if the situation involves another, is 1) to determine how you may help them if they are negative. In other words, ***rather than getting defensive and making it about you, have compassion and find out what is going on for them*** if that is appropriate. Compassion is a very high vibration. 2) if they are OK but what they are talking about or the way they are expressing themselves is agitating you, then say, “let’s talk about something different”. Just, ignore what was said /done, drop the conversation and go to one that feels better. This will cause a distraction and allow new energy to enter. If reaching out or changing the conversation is not appropriate, remove yourself from the situation as tactfully and peacefully as possible. If it is your self talk

engaging you negatively, use the same tools, this will help you to remember who you really are and to be kind to yourself (look for the good).

Once you are free from the negative feeling thoughts and the situation, you can visit a vision out of your dream book, review an area of your ideal life or focus on something from your feels good list, your success list or from your I am list. You can think about what you didn't like about this situation and write what you would like it to be and write it 5 times. If a person is involved you can write about their positive aspects, see them as source sees them. The magic is to get through a situation that you don't like in at least neutral and then impress your subconscious with something that you do want. Put your mind in a completely different place of feeling good. Can you see the difference here, instead of reinforcing the old pattern, habit and belief; you now have completely broken the reaction pattern and are causing something new to be attracted into your life. By repeatedly going to a new place with your mind, you are giving no emotional attention to the old situation and with no attention its vibration goes away and it can no longer be an attractive energy. What will start being attracted to you is what you focus on and what feels good. Now it may not happen overnight but little by little, day by day your circumstances will change if you do this consistently and repeatedly along with the practices in this program. Your life must change according to the vibration change; it is the law of vibration. ***Remember this, when you relax, you release. When you release, you are at peace. As soon as you make it OK, it will go away.*** These expressions simply mean that you have stopped paying attention to, and stop noticing that thing you do not like. Essentially when you relax, release and make it OK, you are detaching and that gives you space to fill in with positive energy. So if you are feeling self conscious and tense about something, judging yourself or at odds with another in some way, stop, give

yourself space, relax as much as possible (perhaps use a quick visualization that allows you to relax, let off steam visually, count to 10, take some deep breaths), choose at least a neutral response, continue to relax then take your mind to a high vibration place as previously indicated. Of course if you have a dire situation or emergency, do what is needed and get back on track after words. As you increase your vibration you will find you simply have fewer emergency situations.

As an example, let's say you come out of a store and someone's little child, who does not know the difference is hitting your car with a rock and damaging it. Let's get this, your car is damaged, that is a fact and you are going to have to get it repaired. Now what is better, to pile a negative vibration on top of that or a positive? I am not saying to thank the child's mother, in fact you may want to even call the police and have her accountable for the repair bill but you can do that in a positive way. What I mean by remaining positive is to paint something in your imagination from your tools or create an affirmation on the fly like "I love that my things are treated with respect". That may sound absurd but this is the way to master your mind. ***Make the focus of your mind what you want regardless of what is going on around you***. That is the power and purpose of your imagination. Stop seeing 'what is' and start seeing what you want to be. If you allow your mind to swim in the negativity of a situation then that is what your life will be about. Master your mind and enjoy your life. Remember the only thing that can grow in your life is what you give focus and attention to and get emotionally involved with in your mind. Without focus and attention on the unwanted, there is no vibration to support it happening in your life. Also remember that for the child to be hitting your car with a rock, something in your vibration attracted that, at a vibration

level, you attracted it. That is a hard pill to swallow, but if you do you can change it, if you resist you will be stuck there and more will come.

For this exercise, take the list you did in the previous exercise and write out how you can change the reactions you have written down to positive responses. Write out why that response is more effective, and what supports that response (hint, it will most likely be related to one of the 5 truths or laws that have been covered in this program). You now have a very solid reason that backs your choice for a new response, a reason that you now know will change your life. It may not sink in right away but your awareness will grow each time you get into that situation until one day you will have a new response and your life will change for good.

By doing this exercise it will also help you to stop redirecting your energy away from the declaration you set in Exercise 1 of this week and making your declaration the main focus of your attention. That is what will attract it to you.

There is an article and diagram on my website that further explains this circumstance / response or reaction cycle. It is another tool that can really empower you to break the old negative based reactions and keep your focus on a high vibration response. The article is called “The Law of Vibration and Attraction Cycle” To see it, go to http://highervibrationsnow.com/?page_id=1071. You may want to print the diagram as a quick reminder and trigger about breaking that cycle. There is also another diagram to help you to see and understand that how our choices keep us in either a negative or positive cycle of life experiences. It also shows the key point where you can switch from one to another. This diagram is called “The Law of Vibration and Attraction Life Cycle” and is at http://highervibrationsnow.com/?page_id=1079. Further there is an article called “How to use your

Emotional Guidance system" on my website at http://highervibrationsnow.com/?page_id=1431. This will give you a step by step method to move out of a negative energy and into a positive.

One last thought is that when a negative feeling strikes, thank it for alerting you to a faulty thought which came from a faulty belief. You now have an opportunity to identify and replace it. Let the fear, worry and doubt have a voice and then use it to your advantage to root it out. When it sticks its head up it is really saying, I am only here to let you know that your thinking is out of line with your source self and what you really want, I am giving you an opportunity to replace me with a thought based on truth and get back into alignment, then the negative feelings will go away. A negative feeling is really your friend, isn't that an odd thought, greeting a negative as your friend and having it help you move to a positive. The fact is, those negative emotions are part of your guidance system. Once you realize this, you will not be shaken by their appearance, but allow them to lead you to questions like, what thoughts led to this feeling and what beliefs led to this thought. Then put that belief up against the truth and you will see it has no basis what so ever. This process will have the effect of strengthening your connection to who you really are, a powerful, abundant creative being.

Here is a summary of responses to help you turn away from a knee jerk negative reaction and therefore help you to stay in a high vibation.

Thank you for sharing your opinion or letting me know how you feel and what you like
Thank you for showing me evidence of my vibration (to yourself)
Apologize to show no intention to cause negativity of any kind and influence relief

Wouldn’t it be nice (change perspective on the spot to something that feels good)
How does that feel (bring awareness to what they are saying and help them make a choice)
What do you want (get them to focus on the good)
What do you think my intentions are (help clarify)
What is your intention (help clarify)
What don’t you like about that (help clarify to what is wanted)
Let’s talk about something different (instant shift in thinking / feeling / vibration)
You can’t get enough of what you don’t like (bring awareness of focus)
What’s the best I can do in this situation (find the good, find relief)
Ignore what is being said or going on
Accept that this moment is what it is, just a manifestation / evidence (find relief, reduce resistance)

Exercise 4 of 5 - Making Choices

Mind Mastery Area 3
When you are faced with choices and options, which you are virtually every day, how do you decide which one is best for you? Which one will get you the best result? Regardless of how big or small the decision is, what do you use as your guide for how you make your decisions? Do you use words like should, must, appropriate, obligated, got to, duty, have to, need to, supposed to, right, wrong? If you do you are almost certainly excluding or ignoring what you want, that would feel good to you, when you make a decision to do or not do something. When you use these types of words it indicates that you are making your decisions based on fitting into the outside world or appeasing conditions in the outside world. What does it mean to fit in or

appease, it means factoring in what others think, living up to expectations of others or situations, being accepted, pleasing others, seeking approval of others, making yourself responsible for others or situations.

By now you know that every one has the ability to be the intentional creator of their own reality, manifest what they want, and that everyone is unique and on their own unique journey and therefore responsible for the quality of their life. So your job is to determine which option feels the best to you for you. ***Even if there is not one option that right now is your ideal option, you can pick the one that is easiest to feel good about now, the one that produces the least resistance (negative feelings).*** When you do this you are setting yourself up to match the vibration of what you want, you are closing the gap between the vibration of your desire and the vibration of your present moment. Of course as you close the gap "things" start to happen to bring that desire into your experience. To be completely frank, when you make a choice, the options themselves have nothing to do with your success; there is no right or wrong choice. Just pick one and line up with it, that means identify what is good about it and keep your focus on what feels good about that choice. When you are feeling good, you are at the vibration level of everything you want and again, you will find that "things" happen and people show up that enable you to realize the things you want. All of the details that connect you with your desires are taken care of, you just have to maintain a high vibration so that you can connect with these details. This is the law of attraction and vibration at work. This is why it is so important to do the exercises and organize your mind mastery tool box as you go through the program. By doing this you will have many ways and strategies to hold yourself steady at the vibration that allows everything you want to flow into your life.

For the next 7 days, at the end of each day or during the day, track how many times you used the words, need to, should etc. This will help you raise your awareness that you are making choices to resolve to conditions outside of yourself rather than honoring how you feel within yourself. This of course alerts you to how much time you are spending in a low vibration; making decisions where you are not finding the feel good means you will be in a low vibration. That being said, this exercise will help you to more consciously make choices that are the easiest to line up with and therefore have the least resistance. This is critical to helping you maintain a high vibration.

As you catch yourself using these conditional words, switch to the statement, I choose to … (fill in the blank) because … (fill in the blank). At first you may still allow your beliefs and the outside world conditions to influence your choices but at least you know you are taking the choice with the least resistance. It's a conscious and deliberate choice to give yourself the best opportunity to find feel good and therefore maintain a high vibration. As you practice more and more what you learn in this program you will find you are freer to make choices that you really want to make with little resistance from considering conditions or what others think, and therefore more dominantly hold a high vibration.

Additionally, sometimes there are many things going in in life and can make it seem complicated to find the choices that will help you reduce resistance. If this is the case then list all of the conditions going on in your life where there is some resistance or a combination of feel good and resistance. Make a column to the right and score each item on a scale of 1 to 10 as to how much resistance that item is causing. Once you identify the highest resistance items, look at what other choices you could make that

would reduce that number. Each bit of resistance you reduce brings your vibration up and gets you closer to things you want to manifest.

This exercise will also help you with the next exercise where you really want to choose exclusively what feels good to you regardless of current conditions that you don't like.

Exercise 5 of 5 - Choosing what you want to see (In my world)

Mind Mastery Area 3
The life you live will be directly related to what you choose to see (in your minds eye). If you see a world of lack, limitation, not enoughness, loneliness, tough times, greed, miserable people, etc that is what you will observe and experience because you will attract it. A great feature about our self though is that we don't have to "see" what we observe, we can "see" (in our imagination) what we want, and then what we observe will change to what we "see" (in our imagination). We must see it first; feel it first then it will "be" our observable life experience.

Take a piece of paper or Bristol board and write in the middle of it, "IN MY WORLD". And every time you think of something you want in your world, something you can see in your world, write it on the paper. And you can use what happens in your current world that you don't like to identify and add something you do. You could add people treat me with respect, I get great service, everything works out of me, I always get the breaks, my job is so fun and exciting. What do you want your experience in this world to be?

Questions

1) How often is it necessary to read about the Truth of Abundance and the universal laws?
2) Why is focus so important?

3) Why is it OK, and in fact necessary to taking charge of you life, that you let go of the unpleasant experiences of the past?
4) Who teaches us the truth about our self and the universal laws?
5) When you set a direction for your life, what is important in forming it? And what kind of an effect does it need to have on you?
6) Once you set a crystal clear image of what you want, what happens with it?
7) What is a great way to gain awareness?
8) What is the one single point where you can shift your vibration and therefore change your life?
9) Why are negative emotions sometimes a challenge to detect?
10) What is the cause of negative emotions?
11) Who is responsible when you feel a negative emotion? Why?
12) Why do negative reactions keep our dreams and desires away from us?
13) Once we go through a period of feeling negative and then into feeling more positive, what is the impact of the negative feeling period?
14) What are the 2 indicators of our level of inner happiness and fulfillment?
15) What is more important, positive thinking or positive feeling? Why?
16) What is the first step in learning to stop a negative reaction?
17) What are you breaking when you stop a negative reaction?
18) When you react, what are you really reacting to, in terms of the world of vibration?
19) Once you stop a negative reaction, where do you take your mind? Why?
20) What happens when you continue to stop a negative reaction and replacing it with a vision or affirmation of what you want?

21) Do you have to choose your thoughts-feelings from what you are experiencing with your five senses? If not, why not?
22) Does the subconscious know where the feeling (vibration) that you choose is coming from or why you choose it? What is the significance of this?
23) What is the most important thing to consider when you make a choice about anything? Why?

MODULE 1

Week 5

Review, Reflection and Further Alignment with Your True Self

This week's material includes a summary review of Module 1. Following that are five exercises for this week.

Review

From the information on my website and in the weekly material we have covered the following:

We are a powerful creative being and our total self consists of pure source energy, a subconscious mind, a conscious mind and a body. These parts all work together to enable us to experience human life.

We are energy, and we can transform energy into form with our vibration.

Energy is unlimited, we have unlimited access to it; therefore, we can have what we want, as much as we want, when we want and for as long as we want.

We have gifts and talents and a purpose to use them for our own fulfillment and in the service of others. We have the full support of nature through the laws of vibration, expression and increase for our success.

That we have not been educated with regard to who we are as a vibrational being, the importance of a high vibration, and the universal laws, and

therefore, operate our life without knowing how to use our mental faculties, without knowing the true cause and effect of our life and without knowing about the support that natures provides us through its laws. We also have no idea of the unlimited abundance that we have access to.

We have been so greatly uneducated with respect to the management of our thought-emotions that we are simply ineffective at managing our vibration to keep it high and therefore we are ineffective to be clear about what we want and keep our focus on it.

We are ineffective at finding ways to keep our self feeling good despite what is going on around us because we have been conditioned to react to the appearances of things. To be clear, we unconsciously allow our emotions to swing with everything that goes on around us instead of holding them to a vibration that actually attracts what we want. Therefore, what we attract becomes a cycle of what we see around us. Because of this we can surmise that much of our energy is of the low vibration variety. Finally, we can deduce that it is no surprise that we would, and continue to, encounter many unwanted experiences, and without the knowledge of the law of vibration, have no clue as to why nor how to change it.

We take on faulty beliefs about our self due to our lack of education about who we really are and our relationship to the universe. These beliefs often cause an inaccurate image of our true self and result in our feeling “less than”, “not deserving”, “unworthy”, “not good enough in some way”.

We take on faulty beliefs about life due to our lack of education about what life is really all about, and why we came to this planet. These faulty beliefs cause us to see life from a limitation and scarcity point of view. This causes most of the decisions we make around life to be based in fear, insecurity

and uncertainty. We feel vulnerable and largely live in some degree of survival mode.

Beliefs are the vibrations that silently influence our responses and actions and what is attracted into our life. When they are based in faulty information, they cause a great deal of negative thoughts which keep a cycle of attracting what we do not like in our life.

Our thoughts generate feelings that cause a vibration to be deposited into our subconscious mind and that causes the attraction of equal vibrations.

Because of our limitation based beliefs, we tend to give more focus to what we don’t like and therefore attract more of it.

We simply have gone down a road that is not our natural path, and therefore, we are not expressing what we came to express, we are not following our heart and true desires. This has caused us much dissatisfaction and discord in one or more areas of our life. That dissatisfaction causes us to be in a low vibration and that causes us to be in a cycle of attracting many unwanted and unpleasant experiences.

That we can take back our power any time by understanding and trusting who we really are, the laws and truths and putting it into practice. By doing this we identify with our true qualities and faculties and use them effectively. We identify with what we really want and keep our focus on seeing the good in everything, maintaining a high vibration and always caring about and reaching for ways to feel good to allow what we want, what we focus on to come into our life experience.

Thankfully, you now know that there is a very specific cause for what happens in your life and you are in charge of that cause. It’s now just a matter of figuring out how to work with it and practice it as part of your

daily life. It will become your natural way the more you practice it. That is what you have begun to do and will continue to do in the upcoming weeks. Throughout the remainder of the program I will continue to give you tools and exercises to help you raise your awareness of being in a negative vibration so you can most quickly turn it around to a positive vibration. This concept of turning from a negative to a positive may be the most challenging part of taking charge of your life; that is, dealing with the matter at hand while remaining emotionally detached. Then in that state of detachment, taking your mind to a place that feels good, this is what causes (or allows) the attraction of what you do want. This process takes commitment, persistence and practice but once you make it a habit you will do it without thinking. Further, once you start attracting more positive results, there will simply be fewer situations where you will need to contend with negative feelings.

From the material you have covered so far you know why your life is the way it is and who you really are. As you strengthen the connection with your true self, it really sets you up to practice the high vibration elements of Module 2 and helps you to be more inspired to clearly define what you want and keep your focus on it. The remainder of this weeks material are exercises to help you identify with and use your powerful creative faculties to attract what you want.

Exercise 1 of 5 – Impressing your desires

Mind Mastery Area 2

Sit down once a day in a quite peaceful state. Read the declaration statements that you made in Week 4, let them fill your mind as you read them, and then read them again. Then close your eyes for 5 minutes and feel them as though you were in them and were experiencing them. If your mind

floats off to something else, that is OK, just gently bring your mind back to your statement and related vision. See the sights, smell the smells, tastes the tastes, hear the sounds and feel the touch. This gives your subconscious mind an opportunity to associate with your dreams and desires without all of the mind chatter. It helps plant those images which makes them easier to recall in the most challenging situations.

A quick word on meditation

Anything that get's you to a state of mind that is peaceful, tranquil, and free from low vibration thoughts and feelings is meditation. Meditation is all about reducing resistance so all that you desire can flow into your physical life experience. Being in a meditative state is where you are free from negative thoughts and unencumbered by the circumstances of the day or of life in general. It is a place where creative ideas come to you, they freely flow, a place where you receive inner guidance (intuition), a place that rejuvenates your energy. There are many ways to get to this state from chanting, to music, to using a mantra, paying attention to your breathing, staring at a candle, and more. The method is not important except as a catalyst to get you to the relaxed state of mind. We are all different so you just need to feel for which one works best for you. Once you are there, thoughts will usually come from time to time but whatever technique you use, use it to allow those thoughts to float by like clouds softly passing in the sky. This will keep you anchored in your state of serenity, a place where your vibration will naturally increase. This then helps to light up your path as things will spontaneous show up in your day to move you to your desires and just make life experiences pleasant, easily and effortlessly. It's like a place you get to talk to your source self and it gets to talk back to you.

Clearly we cannot sit in meditation for long periods of the day every day, and nor does it make sense to. We are human beings who are on this planet to experience it with our 5 senses. That being said, just like we sit down to eat and must eat to keep our body functioning and just like we must take time to exercise our body to keep it functioning in good order we must take time to be in silence to feed our total self-alignment. Periods of meditation also train us to be able to carry that peaceful and relaxed state throughout

our day and be able to take a moment at any time and go to that place. Ultimately we want to strike that balance of being in the world and enjoying the experience of life through our five senses but at the same time using our emotions and our intuitive senses to guide us and help us stay on course. To stay connected with our guidance we must be able to invoke the silence and calmness of mind. The law of expression tells us that there is a purpose seeking expression through us and by maintaining a solid connection with our source self we can be in harmony with this expression and enjoy what our 5 senses experience. We must master our ability to consciously detach from circumstances at any moment and go to this place of calmness. This is what keeps us moving forward and enjoying life.

Exercise 2 of 5 – You are special and unique

Mind Mastery Area 1

Do one thing special for yourself each day that you would not normally do. It does not mean having to spend much money or time; perhaps it is simply sitting in the sun or listening to music that puts you in a high vibration. Just putting some focus on you because you are worth it and deserve it, we all do. The more kindness and care you show to yourself, the more kindness and care will come to you from others. The more kind and loving the image you hold of yourself, the more you will experience others treating you to match this image and the better you will find your overall health and wellness. In fact you can never receive anything greater than the image you have of yourself in your subconscious mind, so this is a critical piece in attracting your dreams and desires. Realize you are a unique gem; you are Royalty and it is your birthright to treat yourself with this in mind.

Each day record what you did that showed kindness towards yourself and / or some special thing you did for yourself. Record if you had self-

acceptance of it or you felt resistance. If you have resistance, that tells you that you are not completely in tune with your true source self. As you continue to be kind and treat yourself special this will bring you back in harmony with source.

This notion of seeing yourself as a unique, special, beautiful and a deserving being is mandatory to get to the level of satisfaction you want in all areas of your life. Therefore, any time you find yourself feeling unworthy, less than or not good enough it would be useful to review the articles “Truth of Abundance” and “The Missing Pieces” and “Why Everything is OK”. In fact until you are sure that you have restored your natural self-image I would recommend reviewing at least pieces of them each day. Also at those moments of feeling down, that would be a good time to do something special for yourself. You are worth it and the reality is that once you start treating yourself special so will everyone else. It has to start with you because the people in your world are simply an attraction of your vibration. It is critical to changing your life that you identify with your source self, and that you leave all of the faulty beliefs about yourself and life behind and focus on the truth. Why is this so critical? Your subconscious mind will never allow you to experience anything greater than what you have accepted as your worth. Nobody will ever treat you better than what you accept as your worth. Your self-worth, if damaged, can be like an invisible ball and chain, leaving you constantly wondering why people treat you as they do, why you have negative self talk and why things in life are unsatisfactory and don’t work out despite your efforts, kindness and good intentions. Once you restore your true identity, then life will reflect it back to you, and since your true identity is one of natural abundance, expression, increase and love, the law of vibration says that you will attract health, happiness and harmony.

You really only have two things to do as a human being to live a fulfilling life 1) know what you really want and make that your focus and what drives your decisions 2) know what makes you feel good and spend your time in those things. Feeling good simply allows the law of vibration to deliver your desires to you because your frequency will match the frequency of your desires. As you act with inspiration towards your desires, they are finding their way to you. It sounds simple and if it were not for all of the faulty beliefs it would be. So that is really the job ahead of you, to completely identify with who you are, what power you have and all of the support behind you for your success. Then to use this knowledge to live your best life.

Exercise 3 of 5 – Setup an "I am" list

Mind Mastery Area 1

Start a list and call it the "I am" list. Just add to it as you think of things. You may have a few to start off with and will think of others during the day, record them when you think about them. A really powerful time to add them is when either someone else or your self-talk indicates that you are less than or not worthy in some way. When that happens it is simply your faulty belief about yourself surfacing, and in doing so it is giving you an opportunity to replace it with a belief that is based on truth. This is the perfect time to affirm the truth about yourself and establish that belief in your subconscious mind. As you do this repeatedly, you will succeed in making this new positive belief dominant, and then the belief in your subconscious mind will be in alignment with your source self. This is when what you desire really starts to flow into your life. In fact the process of repeatedly doing the same thing until you get the result you want reminds me of many video games where the character needs to over come the "bad"

boss. The player of the video game has to wear down the “boss” until he is victorious. This is exactly what you need to do with implanting the new belief and making it dominant. Each time you affirm the new belief, you weaken the old one by giving it no attention. As I have indicated in the beginning of this program, repetition and patience will be two of your best friends in taking charge of your life. The patience and repetition will train your mind to be in a high vibration all of the time and then you will only attract the good things you desire. However, being human, we are subject to attract unwanted things so when we do, in that moment, it is essential to detach and turn it around so it does not take root, grow and become a cycle of attracting what you don’t want. In terms of who you are, if you find yourself in a moment where you need to identify with your true self here are some examples you could use:

I am fit and healthy

I am attractive

I am treated with respect

I am worth the finest (fill in the blank)

I am a success

I am a magnet for positive people

I am in big demand for my (fill in the blank)

I am confident
I am abundant and have everything I need
I am happy with who I am
I am helpful to others to be positive
I am in charge of my vibration
I am the creator of my reality
I am at peace knowing the universe is guiding and supporting me
I am energy and I command energy into form through my vibration
I am unlimited abundance because energy is unlimited

Remember, your subconscious mind responds only to what you tell it through your feelings. No matter what is going on in your life, just send the subconscious what you want and it will make it so. Then hold the vibration of what you want in your present moment thinking and that will allow what you want show up in your life.

Exercise 4 of 5 – Identification with your true self (source)

Mind Mastery Area 1
Put a picture of yourself where you can see it each day. If you have a baby picture, put that beside it. The baby picture represents that pure uninhibited love and energy that wants to grow, learn, express, share, and experience the wonderfulness of life. A mind that knows no limits, only possibilities, a mind that wants to flow with the energy of life; not to settle for second best or let fears rule the day. That baby spirit is always inside of you wanting to express life and live to the fullest.

If you have any resistance to your picture, write it down, what do you see? Then adjacent from your resistance write what you now know to be the truth. Why it is true and right for you to love, accept and admire your self?

Why can you stand up in front of the whole world and know that you are as deserving and beautiful as anyone else? Why would you be comfortable with your picture on the front of any paper or magazine? Why are you a piece of gold and deserving of the finest like all others? You need to get to the point where what you see is total self-love, self-acceptance, and admiration. Complete identification with yourself as a child of the universe. To know that you are unique and special with gifts and talents that others both want and need. That it is OK to make a mistake, you are not bad or wrong, you are constantly learning. In fact to really understand the value of mistakes, and that they are a healthy and natural part of growing and expressing life, see my article on my website at http://highervibrationsnow.com/?page_id=1122, called "The Road to Your Dreams". There is a diagram at the bottom to help illustrate what can happen to us if we use mistakes to make our self feel badly versus lovingly accepting them for our growth. This distinction is critical to the quality of your life.

Pick one or more of your "I am" statements and write them 5 times each day until you completely embrace this truth about yourself. The reality is that this truth about yourself is the most fundamental piece needed for everything else in this program, and in your life, to work. Without complete identification with your true self, you will have an erroneous image in your subconscious and that will sabotage your life in various ways and in virtually any area from health, to career, to finances, to relationships etc.

This may sound odd but there really is only one relationship in your life that matters and that is the one between your conscious self and your source self. Everyone in your life is simply the reflection of the relationship you have with yourself. If you are not pleased in any way with any of your

relationships, you have no further to look than into the state of your self-image and self-worth. The more you are in alignment with your complete self, the more fulfilled and enjoyable your life will be. So regardless of what anyone brings to you, you can be grateful that they are bringing you awareness about your vibration around your self-image. Then instead of taking things personally, you will use the feedback to help you improve the quality of your life by doing the necessary shift in your vibration to get back into alignment with source.

Exercise 5 of 5 – Detaching from taking things personally

Mind Mastery Area 3

To end Module 1, I want to leave you with a few more tools to help you turn away from attracting the things you don't want and free your mind to live in the place that will attract what you do want.

So many times, because of our conditioning, we take things personally in either the form of reacting or in the form of negative self talk. We have a knee jerk reaction and jump right into the negativity or feel hurt. Below are some responses (not reactions) that will help you to detach from those things and keep your mind in a high vibration and focused on your desires and what feels good. If someone says something or you have self talk where you start to feel negativity coming, like you are being verbally attacked or threatened in some way, use one of these or think of some of your own. You can use these just as effectively to diffuse your self talk as you can if there is another involved. Just remember, those recorded faulty beliefs about who you are have a voice and it is the voice you hear that tells you all of those "bad" things about yourself. Whether the voice comes from another or the voice is in your head, it's just a voice that really is a manifestation of the recording, nothing more and nothing less. Your constant detachment and

rerecording of the truth will put a whole new voice in your head and in your life.

If you are about to take something personally, shift your thinking about it from the perspective of these statements and questions.

Thanks for the information.
Thanks for your opinion.
Thanks for your input.
What makes you feel that way?
How does that make you feel?
What can you do about that?
I didn't realize that.
I am OK with that.
Are you OK with that?
I don't know, you may be right.
Is that what you see?
What does that tell you?
Why do you think that?
What else could that mean?
Why do you believe that?
Is there anything I can do to help you with that?
Did you realize that you …

If you are in a funk, ask yourself these questions or statements?

Who am I?
What is good about this?
What is that vibration of the situation telling me about myself?
I could thank them for helping me with insight about my vibration?

This is helping me in some way?
Everything that happens is preparing me for something greater?
What would Jesus, Ghandi, Mother Teresa or Maharishi do (or any spiritual leader that resonates with you)?
What beliefs do I have that are supporting this funk? What is the truth?
Who can I help?
What is my vibration, why is my vibration there, what is this low vibration getting me, what can I do to change that vibration?
It's OK
It's alright
I'm getting this
Things always work out for me
If I focus for 17 seconds on something good, things will start changing to good
It really does not matter what is going on, if I want what I want, I just got to find the frequency of it and it will start unfolding.
It's already done, I just have to allow it in, get in the receiving mode.
It's not what I do, say and think, its how I feel about what I do, say and think.
Everyone and everything is irrelevant in terms of how I choose to feel, they are very relevant to mirror back experiences that reflect how I am choosing to feel (my story)

Questions

1) What causes us to react the way we do and feel towards our self the way we do? What can we do about it?
2) Why are we many times so baffled with what happens to us in our life, we want one thing but get another?

3) If you continue to spend the time of your day in the same way you always have, can you expect anything in your life to change? Why?
4) How do you give your subconscious a clear instruction on what you want to attract?
5) Why is it so important to treat yourself with respect? How does it impact the quality of your life?
6) Why is it so important to have tools and strategies to help you change your focus?
7) Which part of the mind figures out how to make things happen?
8) Do you deserve health, happiness and abundance as much as anyone? Why?
9) What is the value from detaching from taking things personally? How important is it?

MODULE 2

Taking Charge of Your Life – Your Vibration

INTRODUCTON

Now that you understand why your life is the way it is, and you understand who you really are, and you have established clarity around what you desire for your life; it is time to gain further knowledge of what it takes to allow these desires to become part of your life experience. Think of it like this, if an airplane is carrying goods you have ordered, it has to land before you can get your hands on them. In order to land, it needs a run way that is clear enough to land on. What allows your desires to land in your life is when you live with a high vibration. The high vibration keeps the run way clear. If we turn to the farmer's field analogy I have used throughout the program, you can look at how a high vibration helps you to realize your desires from another perspective. A high vibration is to your life, like fertile soil is to a seed. It's the same principle, whether a runway to land a plane or fertile soil to foster and support the growth of a seed, your desires need a support channel to get to you. A high vibration is that support channel that allows what you are attracting to find you. The exercises in this module are setup to help you achieve maximum time in a high vibration.

Getting the Field Ready to Grow Your Seeds of Desire

People are busy doing things, even doing things “right” but many times not getting the results they really want in one or more areas of their life. What you will come to understand is that it’s not about doing things. It’s about doing things in a new and specific way. In this new way, you can expect the results you want to experience rather than wondering what will be around the corner. As you now know, this new way is about how you conduct yourself, not on the outside, but on the inside.

As you progress through this program, remember, you are not starting to use the law of vibration, you are using it now. What you will be learning is how to use it intentionally for your benefit and satisfaction in all areas of your life. To reiterate, it is not a matter of starting to use the law of vibration, you have been using it since you were born, just unknowingly. This program is showing you how to use it intentionally.

As we move into the exercises of maintaining a high vibration to take charge of your life, it is essential that you understand the correct function of your conscious and subconscious mind. Let me share an analogy with you to help grasp these mind functions. Think of your conscious mind as the captain on a ship, your subconscious mind as the engine room and the ship as your body. Part of the captain’s job is to give instruction to the engine room in terms of how fast for the ship to go and in which direction. The job of the engine room is to do as the captain instructs. The ship then simply moves accordingly. When the captain (your conscious mind) gives an instruction to the engine room (your subconscious mind), the engine room does not ask questions, it simply follows the instructions. So if the captain wants to travel at 10 knots due east, the engine room sets the equipment to produce this result. The engine room has no idea that there is an island on these coordinates and so the ship is propelled into the island. The engine

room did not propel the ship into the island; the engine room simply followed the instructions of the captain. It is critically important that you distinguish between the responsibility of the captain and that of the engine room; that is, the proper function of your conscious versus your subconscious mind. If you do not, your life will end up shipwrecked just like the ship that just crashed into the island. If you want to avoid shipwrecks in your life and get to the destination of your desire, you must grasp that your conscious mind is only to give the instruction and then allow the subconscious mind to carry out those instructions. In other words, the conscious mind comes up with what you want, then the job of your subconscious mind is to figure out how it is going to happen. Further you must be very aware of what instructions your conscious mind is giving because your subconscious mind will not ask why. If you allow a circumstance or condition to be the reason to you send a low vibration feeling to your subconscious mind it won't ask why, it will just make sure you get back a vibration that is equal to it.

This analogy is very comparable to what happens in our life. We are constantly giving instructions (with our conscious mind) that have the (subconscious mind) sending us into ship wreck. ***There are two reasons we send our self into shipwreck 1) we give unclear or unfocused instructions of what we want but quite clear and focused instructions as to what we don't want*** 2) ***we don't associate our feelings with a vibration that literally is the instruction to our subconscious mind on what to attract to us***. Therefore, we are often surprised to experience things we do not want, wondering why the heck they showed up. It makes us think someone is pulling the strings but it is just our unawareness of the kind of instructions we are sending down to the engine room. If you have a shipwreck of any sort going on in your life, it just means you need to start sending the

instructions that will change course and take you to where you really want to go.

So how does this analogy relate to real life? Let's say someone says something to you and you hear it as rude or disrespectful and you give it right back to them, you know, get even, get the last say, and put them in their place. Or, you choose to take it personally and feel hurt. Let's say you were dissatisfied with how you acted, performed in a certain situation and in your mind judged yourself as (fill in the blank). ***What you must realize is that whether you are talking to yourself or projecting your thought-feeling at another, what your subconscious registers is only the thought-feeling you choose, not why you chose it.*** Although you think you just had a "normal" reaction to a situation, what you really did was send an instruction to your subconscious mind through the vibration of the thought-feeling. You just set yourself up for a shipwreck. The subconscious mind does not ask why nor do any evaluation whatsoever; it just accepts the instruction. So if you judge yourself or another as rude for example, the vibration associated with that thought-feeling is absorbed by your subconscious which then goes to work to find a matching vibration and bring it to you. It is a simple law but one that if we do not understand, we can continually sabotage our dreams and lead our self to shipwreck.

If you ever believe that you are "getting" someone when you think of or treat them ill in any way, the only person you can "get" is yourself. The law of vibration is a beautiful law of the universe, and it sets the stage for a world of respect and love. The reason is, to choose kindness and understanding towards yourself and others is to be in a high vibration and that attracts more of what you want. To choose annoyance, frustration, hurt, anger or other low vibration emotions attracts what you don't want. It does

not matter why you choose them; they simply become the attractive energy. Therefore the law of vibration actually gives you good reason to treat yourself and everyone with kindness, understanding, respect and so on. An old expression comes to mind “if you can’t say something nice, don’t say anything at all”. I might adapt that a bit to say, “if you won’t feel a high vibration about what you are thinking about then take your mind to a place that you will”. It’s very good advice and very helpful in the world of vibration where every thought-feeling you have either affects you positively or negatively. You will want only to engage the positive. Nature, using the law of vibration, really is insistent that you live your life in a high vibration so choose your thought-emotions wisely. Remember that your self talk is also very powerful to send a vibration into your subconscious, so if you put yourself down in anyway, that does nothing to help you; it just sets a vibration that keeps you down. It’s time to start using these laws to our benefit.

Here is another example of how the ship story relates to life. Let’s say you are in a hurry and you need to drop into the store to pick up a few items. There is a long line up, you need to get going but you really need the items so you wait in line. What are you saying to yourself while in that line, probably nothing very positive? The bottom line is that you don’t like being in that line up so you’re self-talk, or conversation you are having with someone else in the line is probably about how terrible it is, how much it is interrupting your day and the like. Those thoughts are like the captain’s instructions to the engine room and your subconscious mind is getting them loud and clear. In accordance with the law of vibration, you can bet that you will find yourself caught up in more lines or in some situation that holds you up. It’s what you are telling your subconscious you want, but you are

probably not aware that is what you are doing. Now you are aware, so once again, be very careful with your choices.

Every thought-emotion you choose is an instruction to the subconscious mind. Your most repeated and dominant thoughts (which are your beliefs) are the ones you give most attention to so end up being the ones that you will find your life is about. One thing that you really want to do in any unwanted situation is find something to be grateful and thankful for, find something good that will keep your vibration high. Then affirm to yourself what you want. In the previous example of the line up, you could say, “I always flow quickly and easily through the store with my purchases”. I know this may sound odd, but one thing you will learn in this program about mastering your mind is to set your attention on what you “want” not what you observe that you don’t want. If you keep allowing your emotions to be controlled by what you observe that you don’t like, then you will keep getting more of what you don’t like. This will be covered thoroughly in the exercises to come; I just wanted to get you acquainted with this concept of choosing what you want from within versus allowing what is going on around you to emotionally capture you. ***By independently originating thought-emotions from within, rather then basing them on what is coming in through your senses, you will be deliberately causing your life to move to where you want it to be.*** You must grasp the concept that your subconscious mind seeks to attract based on your vibration, not who or what the vibration is related to. So again, going back to the example of being in a line up, you know that you are physically in a line up and that you are in a hurry and the waiting is messing up your schedule. Be that as it may, you don’t have to convey that to the subconscious. If you do, you get more of it, but if you repeatedly give it a vibration from an imagined experience, one that you really want as I suggested in the affirmation, it will

start arranging that for you. The dominant vibration is the one that causes the attraction. This basic concept applies to everything in your life.

Now is the time to become an aware captain of your own ship, to be aware of what instructions you are giving and what they are resulting in versus having your life going in places you don’t want it to and wondering why. It is time to give instructions that will have your ship sailing to the ports you want, when you want and for as long as you want.

In this module and the next, all of the sessions will be related to the phases of growing a farm crop. I find that the process of growing crops is very akin to the process of attracting what you want into your life. For example, if you want to grow tomatoes, you plant seeds that will produce a tomato plant, you do not plant corn seeds, nor potato or anything else, you plant tomato seeds. So with the proper seed you set yourself up for the desired result. That being said, if you keep digging up the seed, it will not grow. If it does not get water, it will not grow. If it does not get sun or the soil is rocky and without nutrients, it will not grow. If it does grow under these conditions you will be sadly disappointed with the result. Those seeds need all of these nurturing factors if it is to really come to fruition. So if you turn this concept to your life, what seeds have you been planting and how well have you been nurturing the seeds? Look at your results, they will tell you. I propose that what we have been doing is putting very weak seeds into the ground and nurturing in a very haphazard way. I would further propose that we have been doing this because of what you became aware of in your work from Module 1. So we just did it the way we were taught, but now it is time to learn the way nature has made available to us, the way that will allow us to live a life of health, happiness and harmony.

In this module there are 7 weeks which have to do with fertilizing the soil; that is, understanding what has to happen for you to be in a high vibration. The 7 areas are Abundance, Gratitude, Doing Your Best, Giving, Compassion and Understanding, Living in the Present Moment, High Vibration People, and High Vibration Inputs

Let’s get started.

Questions

1) How are high vibrations like fertile soil?
2) What most effectively causes a change in your life, is it how you conduct yourself on the outside or on the inside? Why?
3) Are you using the law of vibration now? How do you know?
4) What are the natural functions of the conscious and subconscious minds in terms of the law of vibration? What is the effect of misusing them?
5) How is the growing of seeds like attracting your desires?

MODULE 2

Week 6

Fertilizing the Soil – The High Vibration of Abundance

Although we all come to this planet with a birth right to abundance, most are quickly ushered into the false beliefs of limited supply and scarcity. For this reason, we do not need to create a new belief of abundance; we simply need to get reacquainted with the truth of abundance. Abundance may be the cornerstone that allows you to move into all of the other higher vibrating states of mind that follow in this Module of the program. If you know there is an infinite supply that you have unrestricted access to, how much does that allow you to open up new perspectives, beliefs, and behaviours? It is crucial to this process that you engage in material, on a daily basis, that acquaints you with this truth. I have several references on my website including the articles on the “Truth of Abundance” and “The Missing Pieces”. This type of material will keep you firmly planted in an abundance mentality. Even if you read just a bit everyday, keep yourself connected to it, then it will start to become your way of thinking. It will put you back in alignment with your source self and this is what allows abundance to flow into your life. While you are increasing your identification with abundance, do as much as you can to cut out any source that promotes limited supply or at least reduce it as much as possible. You need to have more of the truth going into your mind on a daily basis to counteract the years of practiced beliefs around limitation and scarcity or

your thinking will mostly remain the same and you will continue to attract the same limited results.

People tend to see abundance as having money, a big house and material things in general but abundance is simply experiencing what feels good in all areas of life. It could be things, people, places, career, health etc. Abundance is about acknowledging what you have, what is around you, and what others have as well. It's simply the feeling of having. There are so many examples of abundance in nature and in our daily life. When you operate from a feeling of abundance, it is so much easier to see abundance, share it and cheer on others. You feel free and inspired to help others because you don't have that feeling of "running" out of anything. You never fear that you may not have enough for yourself. You can allow your heart to be completely open.

Our hands are for receiving the abundance we attract, however, when we live with beliefs of lack and limitation we tend to use our hands to grab and to get because we believe that resources are scarce. What you will find is that the more you grab for what you want the more you will come up empty handed, or you will always be wanting for more, or you will simply be chasing what you want which either eludes you or is a lot of work to hold on to. If you try to open the door of abundance with your hand you may succeed in inching it open a bit by force but as soon as you let go, it closes again. If you spend your energy to "get" things, you will find they tend to run away from you because getting is a mentality of lacking and the vibration of lacking closes the door of abundance. To open the doors of abundance, you must acknowledge that there is abundance and connect with the abundance within you. ***You are an extension of the unbounded field of energy and you have the power to bring it into any form you desire with***

your vibration. Knowing this will keep you in a state of high vibration because you will be at peace that there is always enough or more than enough.

See the abundance in your life even if it's seeing the rocks on the beach, the stars in the sky, the air you breathe, the water you use; anything that you experience with your five senses that represents abundance. Abundance is all around us, acknowledge it, feel it, and love it. Love what you have, love what others have and love them for having it, unconditionally. What you deny others, even in your mind (envy or jealousy for example), you close the door of abundance in your life, not theirs. Where you judge others you are really denying and judging yourself and closing the doors of abundance in your life. The reason is that a judgment in your conscious mind registers as an impression of lack on your subconscious mind. You are denying yourself when you judge others (or judge yourself). Whether you are judging something in the moment, or you are having a conversation with yourself in your imagination, they have the same effect – they deposit a vibration in your subconscious mind. Every thought-emotion you choose is a vibration impression on your subconscious mind; whether it is about you or someone else does not matter. So, no matter what another is doing or how they are doing it, find some way to create a positive feeling about it and if you won't, then take your mind off of it altogether and put it somewhere that will take you to a feeling of abundance. This goes for self-talk as well.

It is critical for you to realize that whatever impression you give to your subconscious mind, it takes it as being about you, no matter where it comes from or why. You could say that your neighbour does not deserve such a nice house; however, when you make that choice, what is really happening

is this; your subconscious records the vibration that you do not deserve a nice house. This has the effect of setting you up with a circumstance that resembles that judgment in some way. It keeps abundance away from you. It keeps you from attracting what you want because you are directing your attention to what you don't want (as far as the subconscious mind in concerned). You could be envious about a loving relationship that your friend has. If you do, you are essentially telling the universe that you do not want one. The reason is that the vibration of envy is low and it represents 'I do not have'. When you vibrate at 'I do not have', 'you do not attract' what you want, you attract more of what you are lacking.

You see when you are unaware of how these laws of nature work; you are going to be unaware of why you attract lack into your life. And when lack shows up, you simply feel "bad" about it or strike out in some negative way. Either way, those choices simply attract more of it and you stay stuck in lack, never understanding why. When a situation comes your way and you choose a judgment vibration like, "it's unfair", "this has nothing to do with me" or "I don't deserve this", the truth is, it has everything to do with you. It is so very important to understand this law of cause and effect because if you only buy into the effect without consideration for the vibrational cause, you just set yourself up for more of those effects. So know that the universe is infinite abundance, and that no matter how many people have or do a thing, you to can have or do that thing, but only if you use the conscious mind to impress abundance on the subconscious mind no matter what is going on around you. When you do this, you align your conscious and subconscious with your source self and abundance flows. Also remember, there is not one pie with only so many pieces. There are endless pies with endless pieces. We live in an unlimited universe of energy.

One key to remaining in a high vibration is simply acknowledging the abundance that you are and the abundance that surrounds you and then get into the feeling of it. This, along with the other elements of a high vibration in this Module, is what will support your seeds of desire to manifest. To put it another way, you are opening the doors to your desires.

See the article “The Truth of Abundance” on my website, read it often until this truth becomes your truth.

Exercise 1 of 3 – Acknowledging the abundance in your life Mind Mastery Area 1

For the next 7 days, each day, list 3 or more things that represent abundance in your life.

Exercise 2 of 3 – Understanding how you are closing the doors of abundance.

Mind Mastery Area 3
For the next 7 days, each day, record how many times that you shut the door of abundance by thinking one or more of the following: 1) If I don’t get (fill in the blank) someone else will get it.

2) They don’t deserve that (judging)
3) Feeling envious or jealous of what another has
4) I got to get it before someone else gets it.
5) If I don’t get it now I will never get it (time is running out)
6) How am I going to pay for this or where is the money going to come from 7) I could never do that for myself

Or if there is another question that comes to your mind write it down.

What you are aiming for in this exercise, is to continually decrease the amount of times you are closing the doors to abundance until you simply stop doing it. Changing your vibration has to do with becoming more aware of what you are thinking and how you are thinking about it. Greater awareness will give you insight to make new choices. That is the root of what is necessary for you to start attracting more of what you want.

Awareness is everything. Once you take notice that you are engaging in lack based thinking, you can change to different thoughts that support abundance versus self sabotaging thoughts. This, over time, will form a new belief that is based in truth and therefore in alignment with your source self. When this happens the doors of abundance will open.

Exercise 3 of 3 - Keeping the doors of abundance open Mind Mastery Area 3

For each thought that you come up with in exercise 2, write a new statement or question that supports your connection with the abundance in your life and your attraction of it.

Example:
Current thought - I better get this before it’s all gone
New thought - I have access to an unlimited supply and can get what I want when I want Let’s take care of our business “in here” and leave the business of others and the unwanted affairs of the world alone. Minding other people’s business and unwanted affairs is almost certainly going to shut your doors to abundance and that is not the result you are looking for. The consequences for putting your focus on what is going on “out there” are significant. Keep your focus on abundant thoughts within; that is the only way to open your doors to abundance.

Although I mention 7 days for these exercises, you will want to carry on with them, on a daily basis, until you make them a habit. Be consistent; remember repetition is the key to forming a new pattern of thinking. Until you form the new habit, the old habit will remain in effect. Once you make the new thought a habit it will take no mental energy, but until you do, it could take considerable focused mental energy on any given day, and you will find, as your life starts to change, it is well worth the effort.

Questions

1) Is abundance something you need to achieve or earn or is it a right you are born with? Why?
2) What do you need to do each day to realize that abundance is the truth of life?
3) What are the consequences of not realizing abundance is the truth of life?
4) How do we open the door to our abundant nature?
5) How do we close the door to our abundant nature?
6) What are some ways that nature shows us how abundant we are?
7) What are some example behaviors that close the doors of abundance?
8) If you are talking negatively about another, whether outwardly with words or in a conversation in your head, what is the message that your subconscious mind receives and why is that important to know?
9) What is the price we pay for minding other peoples business or getting emotionally entangled with the negative affairs of the world?
10) How many consecutive days is it necessary for you to carry on connecting with the truth of abundance and your right to abundance?

MODULE 2

Week 7

Fertilizing the Soil - The High Vibration of Gratitude and Thankfulness

To be grateful and thankful is a thought-feeling of “having” NOW. The feeling of NOW deposits an immediate impression in your subconscious mind. This sets the attraction process in motion to bring what you are grateful and thankful for. Today, be unconditionally thankful and grateful for everything you have (no matter what size), for every desire that you hold in your mind, and for everything that others have. In each case of being thankful you are really impressing on your subconscious mind that you have it. Remember the subconscious mind does not know if what you are impressing on it is the result of what you are holding in your hand, what your neighbour is holding in their hand or what you are holding in your imagination. It just registers the thought-feeling as a vibration.

Did you realize that gratitude and thankfulness have so much to do with the good that flows or does not flow into your life? I can hear you now, “how can I be authentically thankful for something that I do not have”. If that is the way you think, you must absolutely get to a point where you trust the law of vibration, and that is believing before seeing. It means understanding that whatever you set your vibration to will cause the manifestation of that vibration in your life. The only way to do that is through study and understanding of this program and all references. You must get to an

understanding that everything is energy and like energies attract. Remember to visit my article on my website called “The Missing Pieces” any time you are wavering on natures law of cause and effect. In addition to this basic understanding, you will also want to practice the following three points to maintain a high vibration. These points have the effect of incubating your desire until it manifests in your life.

- You must find something good about a situation (knowing that there always is). It may mean you have to look at it differently but you can always find something good. By default everything is good because at the very least it is giving you feedback about YOUR vibration. When you see it like this, then you are thankful for the insight and opportunity to change your vibration to one that will attract what you want.
- You must be able to deal with that situation without getting negatively emotionally involved
- You must shift your mind to a thought>feeling>image that feels good, essentially ignoring appearances. This will either reinforce the attraction of the desires you have or reduce resistance so they can show up in your life.

These three things will help you stay in a place of peace and gratitude for all that is and all that you know is coming.

For example, if you want a better car don’t criticize the one you have. If you do, you are depositing a low vibration into your subconscious which essentially says “I want to have this kind of car I already have (but don’t like)”. You simply attract what you focus on. If I say “don’t think about a pink elephant”, what picture is now in your mind? The point here is that instead of talking about what you don’t like, find something that you can

say about your car or anything else that demonstrates gratitude. For example you could say, “I love the comfortable seats or it gives a smooth ride or I like the color”. Maybe something general like, “it has been a good car or I appreciate having a car”. You have to know that you can always find something that makes you feel good. In addition to finding something to feel good about ‘what is’, hold the image of the car you want or the thing you want, I mean really want. Then get the feeling of gratitude as though you are using it NOW. In the example of the car, get right down to the detail of looking out over the hood as you drive down the street. We will get more into setting up the image later but for now, that state of gratitude is going to help open the doors so you can take delivery. It’s also equally important that you view what others have in a grateful way. The more you feel the gratitude for what they have, despite anything else about them; the more it opens the doors for you. If you can’t find it in yourself to have that gratitude for what others have, then by all means stay away from thinking about them at all. Otherwise if you choose a low thought-emotion, it affects your life, not theirs. It closes the doors for any of your desires to be delivered to you.

When you think about it, what a beautiful law nature has setup. The law of vibration allows us to reward ourselves simply for feeling the gratitude for all things in our world. It inspires us to feel good about the good things that everyone has and does. Of course it works both ways. If we are feeling a lack of gratitude, we cause ourselves to do without. It’s really amazing; we have been given innate inspiration and motivation to be kind to our self and our fellow humans. If only we knew about this in our early education!

So whether it’s your job, relationship, your health situation or any other situation, find something to be grateful for. It is part of the formula for moving you to a place that you would enjoy more. See the inspiration on

my website at http://highervibrationsnow.com/?page_id=403 called “Patience – The Road to Your Dreams” for further understanding of the impact that being grateful has for wherever you are in life.

Let’s take another example. If someone behaves in a certain way that you don’t like and you choose a thought that produces a feeling of irritation, what you are really choosing is to have more of that type of energy in your life. This is the critical point for you to find something that you can be thankful for in the situation and avoid the low vibration emotion. The thought-feeling frequency of irritation that you feel in the moment goes into your subconscious mind which starts attracting a situation that equals that vibration, thus more irritation. Such a situation can pop up from anywhere, and you can be sure it will come. Of course, without this knowledge, you won’t see the connection between what you are depositing into your subconscious mind and what you are experiencing in your life. With this knowledge, you can now turn away, stand back from the situation and see it for what it is, an attraction from the vibration in YOUR subconscious mind. If nothing else you can find thanks for getting a message about what you are attracting. With this awareness, you can make a new choice to stop the negative reaction cycle and respond with a vibration (feeling) that will attract more of what you want. I want to be clear, if someone has unacceptable behaviour, you don’t have to be their door mat, you just don’t need to get emotionally involved. Stay in neutral and deal with it on the outside while you set a vibration of gratitude on the inside. If you continue to set the high vibration, you will find those low vibration irritation situations will fade away. Remember, how people treat you is their Karma, how you respond is yours!

Now you have the awareness to decide what means more to you, basking in a negative feeling like irritation (attracting more of it) or depositing higher vibrations, fertilizing your soil and opening the door to your desires. If a pipe breaks in your house, are you going to freak out or deal with it and be grateful you have a house? Freaking out will attract more house repairs or car repairs or something that represents that freak out energy, whereas being grateful for your house will open the door for good to be returned to you. Deal with the plumbing; just don't allow it to put you in a low vibration. The breaking of that pipe was no accident. You have to accept that you attracted it, so get the message, shift your vibration and cause a smoother ride in your life. Remember every thought-feeling you choose goes into your subconscious which then starts the attraction process. High frequency or low frequency energy (emotions), the choice is yours, and therefore, so is the result. So how are you going to deal with the business deal that falls through, the insult that was just thrown at you, the interest rates going up, the ending of a relationship, the job that just came to an end, the team that no longer wants you, the speech that just flopped, the plane that just got canceled taking you on your long awaited trip, you name it? What are you going to do in your inner world? Are you going to select energy that will feed the recurrence of those things or start a new trend, a trend where those things are replaced with what you would have wanted to happen?

Planting the seeds of your desires, as you will see in the upcoming exercises is really quite easy. It's keeping the soil in great shape for growing (high vibration) that tends to be more of the challenge given the beliefs and related habitual thinking patterns we all have been unknowingly taught. Our faulty beliefs can cause our mental muscles of gratitude and thankfulness to become a bit weak, and therefore, we are not using them to their full capacity. Like any muscle that has not been used much, it simply takes time

to get it back in shape. This is a good way to look at the process you are doing here. Day by day, little by little, as you do the work it will change what you deposit into your subconscious mind and that has to change your experience; it is a law of nature. Be patient and know that any program that is going to help you will take some time to build the foundation and get long term results. It took time to build your faulty beliefs to get you where you are today. Learning the truth of abundance and practicing gratitude are key high vibration foundational pieces for long term changes and taking charge of your life. Without having these muscles in top shape, it will affect your ability to use the law of vibration for your good. Living a life of gratitude is much more than a casual thank you here and there as has been pointed out in this section. True gratitude and thankfulness requires you to really look around you and within you and extend good thoughts to others and yourself at all times. It requires you to think about what you think about. This can be the most challenging work you will ever do but it gets easier over time as it becomes a habit. Like many things we learn, as we do it over and over we don't have to think about it after a while, it becomes a habit, a natural response.

The following four exercises will help strengthen your muscle of gratitude and thankfulness.

Exercise 1 of 4 – Acknowledging what you have to be grateful for

Mind Mastery Area 3
For the next 7 days, document every day, on paper or in a journal, the following:

Identify at least 3 things that you have to be grateful and thankful for. It does not have to be big and flashy. If you ever had something and then lost

the use of it for a while … do you remember how happy you were to have it back, how thankful? Something as simple as your sink not working, wasn't it great to have it back, didn't you appreciate it? How about your toothbrush, how great a thing is a toothbrush. Be thankful for what seem like the small things. That vibration of gratitude is the same no matter if it is because of a new house or new pair of socks. You could also start a thankful bank and deposit one item a day on a small piece of paper.

Exercise 2 of 4 – Turning the unwanted into the wanted.

Mind Mastery Area 3

Identify at least 1 person in your life that has some behaviour that you find unpleasant in some way; something that you wish would go away. Each day think about what is in your vibration that is attracting that behaviour. What does their behaviour represent to you? Look for the good and how they are helping you. Remember to detach from getting negatively involved. Also think about what may be going on for them. Can you reach out and help? Maybe they are not open or ready for that which is OK but the feeling in you of compassion is much higher than irritation or anger. Choose a winning vibration

OR

Identify at least 1 situation in your life that has some aspect that you find unpleasant in some way; something that you wish would go away. Each day think about what is in your vibration that is attracting that situation. Look for the good and how that situation is helping you. Also, there may be something going on that if you looked from a different perspective you could be helpful. Regardless, the feeling in you of understanding and

helpfulness is much higher than irritation or anger. Choose a winning vibration.

Remember what you focus on expands and attracts / repeats – if you get emotionally involved in the downside, you get more of it, if you focus on the upside you get more of that. This is where you can use your work from Module 1, go to your “Feels Good” list, your “Success List”, your “Good Qualities List”, your affirmations, the things that you do want and the things you decided upon. They will get you refocused quickly on a high vibration.

Exercise 3 of 4 – Changing negative reactions into positive responses

Mind Mastery Area 3

Identify the situations / people that hook you into a negative reaction or a negative / low feeling. Along with recording the situation and reaction, also record what other choices were available in that moment and identify one that would get you more of what you do want, one that would put you in a higher emotional state. You do not need to dwell on these situations that you identify or make them long and elaborate, just enough to know what it is. Remember awareness is the starting point of change. This exercise is especially helpful to make you are aware of recurring reactions. Once you are aware of a recurring reaction to a situation, then you can choose to focus on a new higher vibration response. This will cause a change in the vibration sent to your subconscious and that situation you don’t like can no longer be attracted to you. As you go through this program you will learn to change reactions to “stop and think” responses. Then you will graduate to “pause and respond” and this will turn into a habit of responding positively. Once you achieve that, you are well on your way to mastering your mind and attracting the life you dream of.

Exercise 4 of 4 – Tracking your effectiveness to turn from a negative feeling to a positive

Mind Mastery Area 3

At the end of each day; rate your satisfaction level in general from 1 to 10 on choosing positive responses rather than a negative reaction. 10 means you always picked positive and 1 means you always allowed yourself to be hooked into negative. I recommend that you have a satisfaction level of 8 or more out of 10 for 7 consecutive days before you consider this exercise complete. Your success in achieving this is necessary for you to attract your desires. The reason is, that to have low satisfaction in this exercise means your vibration is low and that causes resistance to attract what you want. To put it in the context of growing crops, low satisfaction in this exercise means that your soil is not in good shape for growing seeds and they will not grow as desired. Once you get high result in his exercise for 7 consecutive days, that will tell you that you are getting good nutrients into that soil and your seeds of desire are ready for growing.

Although I have indicated to carry these exercises on for 7 days, you will want to carry on with them for as long as it takes to make them a high vibration habit. Until it becomes a habit you are always at risk of the old habit taking over. Once you make it a habit it will take no mental energy but until you do it could take focused mental energy on any given day.

Questions

1) What is the feeling that gratitude and thankfulness inspires and why is that important?
2) When you are feeling lack of gratitude, what are 3 things you can do to get it back?

3) If you can’t find something good in a situation, why is it important to turn away from thinking about it at all?
4) If you are feeling “bad” or without because of what others have, or making little of what others have, who does this affect and how?
5) When you choose feelings like irritation, annoyance, frustration, despair, what is really happening from a vibrational point of view and how does that affect you?
6) Is there a connection between what you experience and why you experience it? What is that connection?
7) When you start making the new higher vibration choice of gratitude, does your life experiences instantly and completely change to reflect that new attitude? Why?
8) Does it take a great deal of money, material wealth and time to express gratitude? Why?
9) If you find yourself slipping into a state of negativity and lacking gratitude, what can you do?
10) What is the value of tracking the choices you make throughout your day?
11) How many days need you practice the attitude of gratitude?

MODULE 2

Week 8

Fertilizing the soil – The High Vibration of Doing Your Best

Do all you can and do the best you can in your present circumstances. If your job is to sweep a floor, be the best possible floor sweeper you can; being happy, grateful and appreciative for the broom, the floors to sweep and anything else. You can always find something to be grateful for, it is simply a matter of awareness, perspective and choice.

Doing the best you can is another way to raise your vibration. Even if the job seems menial, you will “feel” better if you do it completely and to the best of your ability. That can leave you with a sense of satisfaction and accomplishment which are both high vibrations. If you rush through it or cut corners, you will not feel satisfied with the result and likely feel you have wasted your time. All of that is a low vibration. Further, in many cases, what you are doing is almost certainly serving someone else in some direct or indirect way. To know that you are contributing to the quality of an experience to others is definitely a high vibration. To realize that not doing your best takes away from the quality of an experience for others and could cause you a low vibration. Remember, “feeling” is a vibration. It is the language of instruction from your conscious mind to your subconscious mind. This should motivate you to make sure the instruction you send is

going to support the attraction or allowance of what you desire. Doing your best is an opportunity to do just that.

Similar to the act of giving where we think we have to give something big for it to matter, we sometimes think it is only the big, so called important things that we must do well. This is not true. All things, whatever size, if done with care, gratitude and to our greatest effort, will yield a high vibration. I am not saying to aspire to sweeping floors for the rest of your life unless you truly want to, but you can only grow to your greater dreams by finding the high vibration in your current circumstances, through acceptance, finding the good and being grateful for what is. In this spirit you will be inspired to do your best, knowing it is contributing to what is needed for you to move to your desire. If you are critical of the things you do, of the things you have and use, of the people that you work with and spend time with, then you have just closed the door to abundance and your desires, and you have put the lock on it. You will stay stuck in that space you are criticizing and are not accepting because your vibration is essentially telling your subconscious mind that you want more of it. Keeping your attention on what you don't like and what is not working is sure to get you more of it. Use your current situation to springboard yourself into your desires. Some way, some how what is going on in your life right now can be used to get you to where you want to be. Acceptance of what is and doing your best where you are now is a key to move to your vision.

The place you are in right now, in any aspect of your life, is because it is a vibrational match to you. If you want to move one or more parts of your life to a place you desire, you will have to shift your vibration to the frequency of the thing desired first. Once you shift your frequency, "things" will

happen to put you into a new situation that reflects your new vibration. So doing your best is a very effective way to "vibrationally" outgrow your current circumstances and get into the vibration that will attract what you want. If you use force, look to others to change, wait for good timing or anything in the outer world, you may experience change but it will come at a cost. You can use force in the physical world, which will most likely cause you struggle and strain and not really getting what you want or hard to hold on to if you do, or you can use your power in the vibration world and cause the law of vibration to bring it to you. The choice is yours.

Exercise 1 of 3 – Doing your best monitor

Mind Mastery Area 3
For 7 consecutive days, record on a scale of 1 to 10, how you would rank your day in terms of doing the best you could as defined in this section. Remember, some days you may not have your "A" game and that is OK. If today is a "B" day and that is the best you can do and you feel good about it, that is great. It's your feeling that is ultimately important, as that is what sets your vibration. If you miss a day, start again; consistency builds the habit.

Remember to use what you have learned about abundance, gratitude and thankfulness; that is, to look beyond appearances so you can find the good and see the bigger picture. This will inspire you to do your best. Generating a vibration that is higher than your current circumstances is the only way to grow out of them. To allow yourself to be drawn into the negativity of things or people who may be around you, or to engage or be tempted by these things such that you choose a low vibration, is to keep you imprisoned in those circumstances. Find the good in everything you do, and do it to the absolute best of your ability. Be grateful for what it is and it will multiply.

Again you will want to consistently have an 8 or more out of 10 on the scale to make sure your soil is ready with high vibrations to grow your seeds of desire.

Monitoring your daily choices is invaluable to let you know where you stand with your vibration. Day by day you have the instant feedback that shows you where you stand vibrationally and this will help you to know what to expect for results in your life. Regardless of how things turn out in your life, you should never be surprised because they are simply the manifestation of your chosen vibrations. You are in charge of your life whether you know it or not. What you are learning here is to take charge of your life intentionally. This tracking exercise is as important to your life as is your instrument panel is to driving your car. Imagine the catastrophe of driving a car with no instrument panel. If you are not monitoring your daily choices and vibration you can be creating havoc in your life and not even realize it. Without monitoring, you miss the opportunity and insight to see how your choices are affecting your life. Without that insight, you can never be sure what you need to change in your thinking to get the results you want. Just like you cannot claim to be unaware of how fast you were driving (because you have an instrument panel), you cannot claim to not know why things are happening in your life when you monitor your vibration. With this monitoring exercise and the awareness of how the law of vibration works, you can no longer say you didn't know you were sabotaging your life. I would highly recommend you use the Daily Vibration Monitor on my website to track your vibration level. It is located at http://highervibrationsnow.com/?page_id=372. I would also recommend reviewing the article on my website called "Patience – The Road to Your Dreams" in the inspiration section.

Exercise 2 of 3 – Focusing on what is right, the "What's Right" list

Mind Mastery Area 3

For the next 7 days, when you get up in the morning or if you find a time of day where things seem to be going wrong and you start focusing on troubles, list three things that are "right" with your life (that are working) and focus on them. This will train your mind to see the good. If you choose to see the good, the bad will vanish. It must because without attention, the vibration that supports the "bad" ceases to exist. Without that vibration of "bad", there can be no manifestation of it. It's like you changed the channel, you're on a different frequency, the "good" channel, and now the only experience you can have is the one equal to that frequency on that channel.

You may be quite surprised with how much is right about your life when you shift your mind to look for it. Once you find it, it will help motivate you to do your best no matter what is going on around you because you know that shifting your thinking to what is right with your life and doing your best are high vibrations and are the very things that will change what you do not want into what you do.

To make this exercise even more powerful, you can add the things you find that are right to a list and call it the "What's right list". This will be another tool you can use when you have a challenge and may be looking for help to mentally turn it around in the moment. You can consult the list and it will be like a lifeline to pull you up out of any negative energy you may be in.

Exercise 3 of 3 – Why every thing is OK as it is

Mind Mastery Area 3

It is all fine and dandy to say that everything is OK as it is and that everything is as it should be, but why? There will be times when you just

don’t feel that everything is OK and really question how your situation ‘is as it should be’ when it does not feel very good. This exercise is vital to help you connect with the real reason that these statements are true. It is in your understanding of why they are true that you will get peace, you can relax, and you know that every thing is OK no matter what is going on.

Over the next 7 days, using what you have covered in the program so far, list as many bullet points or descriptions that you can think of that make everything in any moment OK no matter what is going on. Keep this list as another tool to help you connect with who you are when you are tempted to think otherwise. This will help you keep your mind in a high vibration state and motivate you to do your best. When you know that what you are doing, adds to your life or the life of another, you will want to do your best.

If you need help with this exercise, view my article on my website called “Why everything is OK” at http://highervibrationsnow.com/?page_id=1368.

Questions

1) What is more important, the job you are doing, or the way you are doing it? Why?
2) How is it that we keep ourselves imprisoned in a life that we don’t like or want?
3) What will inspire you to do your best?
4) What is the value in the daily tracking of what choices you are making?
5) How does it help you when you focus on what is right about your life?
6) Generally speaking, why is every thing OK?

MODULE 2

Week 9

Fertilizing the soil – The High Vibration of Giving, Compassion and Understanding

Giving

Think about how nice it feels when you have a thought to give something to someone and you follow through and do it. A high vibration occurs with giving. It doesn't matter how big or small we give. We sometimes think it has to be a big thing that we give in order to matter, but that is not true. You might be surprised how much you can make someone's heart sing by the seemingly the smallest of giving. Give something to everyone you come into contact with, even if it's a smile, a warm thought, a nice compliment. The giving we are talking about here is the sheer joy of giving for no other reason than to recognize, honor or add to another. If you give with the intention that you will get something in return, win favour or something other than the pure unconditional sense of giving you will nullify the high vibration. That type of giving is one of lack and thus produces a low vibration.

In addition to the high vibration that giving generates; it does something else, it sets your vibration at the level of having. Remember what was said about the feeling of having; it is a feeling of gratitude, and gratitude invites more for you to be grateful for. When you give, you may not realize it, but

you are in a frame of mind of having. For example, you can't give a smile if you are feeling sadness. To give a (genuine) smile you have to be "feeling" happy. If you are feeling happy, that means you ARE happy and that vibration goes into your subconscious. Sometimes people "pretend" to be happy and although they can muster a smile, it is not coming from a true place of giving but covering up some other emotion or intent. In this case, the hidden emotion being felt is the one that impresses on the subconscious mind. I will digress here for a moment on an important point. You probably realize that you may be able to hide feelings from others, but you can never hide them from your subconscious. Your subconscious receives the vibration of the feeling you are holding and then goes to work to attract according to that vibration. This is why we really are open books, every aspect about our life tells the whole world about the contents of our subconscious mind. If we are wise, we will look at our circumstances and use them as feedback for the level of our vibration. If we would like different circumstances then we know we must shift our vibration. You can always know what someone is putting, or has put into their subconscious mind, by observing their life story. Look at the people in their life, notice their state of health, their satisfaction in different areas of life, and what they experience. They are not telling you about the world, they are telling you about themselves, their vibrational world. They are telling you about what they believe about life and about themselves. This could also be said in reverse. Look at what is going on in a person's life and it will tell you about the feelings (vibration) they are choosing.

This concept of giving supports the phrase "Give the thing you want". If you want love, show love to someone. If you want more respect, give respect. The reason you receive what you give is because in order to show love you must be feeling love and to feel love is to have the vibration of

love, and in that vibration you invite love. If you find the word ‘love’ a little abstract, try using the word kindness in its place. Kindness can really help you connect with the feeling of love.

Although what you give to others impacts what returns to you, you must be acutely aware that what you give to YOURSELF also returns to you. If you are disrespectful and / or unkind to yourself, do not be surprised when people show up to return this vibration. If you do not accept yourself, do not be surprised when others show up to let you know this. Also do not be surprised when that voice of self criticism shows up in your head. The vibration you generate from your thought-emotions about yourself can nullify the goodness you put out to others. This can close the door of love, respect, appreciation etc., which you want to receive from others. You will find that the kinder, gentler, more supportive and understanding you are of your self, the more you will have it to give to others and the more you will receive it from others. By now you should realize 1) why it is natural for you to be kind to yourself and 2) why you are not and 3) how to change it. That was all covered in Module 1, so if you are finding you still have the negative voice in your head it would be very beneficial for you to revisit that material as often as needed until you have the kind voice of your source self consuming your mind.

Your experience in life really is about the conversations that go on inside of your own mind. Those conversations are highly influenced by your level of self love, self acceptance, self worth and self image; your belief in who you are. The reality is, your subconscious only registers the thought-emotions you hold in your mind, it does not evaluate why or who was involved, therefore, the only person that your subconscious mind knows exists is you. This is a very good reason to think good things about yourself and every

one else, it really is for your own benefit in terms of the quality of life you attract.

Here is another example of how giving helps you. If you want money, spend some. Spending only a very small amount can fill you with the vibration that you have, and in the having you open the door to receiving. Again, be aware that when you spend, you must have that feeling of having. If you spend with an uneasy feeling that you shouldn't be for some reason (guilty or undeserving) then you nullify your vibration of spending (giving money) and close the door for it to flow to you. When you authentically give the thing you want, you are in the vibration of having it and that produces the attraction of that thing you want. You never have to think about getting when living the law of vibration. The law inherently takes care of it. In fact if you focus on getting, you will be chasing things for a very long time. If you apply enough force you may get them, but to hold on to them will be a challenge. Why? If you focus on getting, what are you really feeling? Since the underlying thought is "I DON'T HAVE", you are feeling lack, not enough. In transmitting that vibration to your subconscious, the doors to abundance close. Essentially, the universe captures the vibration of getting as "you don't want it", at least not at this moment.

To be very clear about why we do not have to concern our self with getting, know this, reality is in the mind. The images you embrace in the mind are reality; their manifestation is simply the physical representation of it just like the movie on a screen is the representation of the contents of the DVD. Although you experience the movie on the screen, its existence is really on the DVD in a format that you can't physically experience. It has to manifest in order to be experienced. Same thing with the contents in the

subconscious mind. It is where the vibrational encoding of your life is; to experience this vibrational encoding it manifests as our life experience. Since in the world of mind, you have access to an unlimited supply of universal energy, you can ‘see’ any form you like. You can take ownership of anything in a moment, and when you do, that’s when you have it. To take ownership is to be grateful, excited and at peace with the knowing that it is yours. When you hold it now with emotion, you are giving your request to the universe, you are on a vibrational match with it and the manifestation of it is in process. This is why it is so important to know what you want, be in touch with your true desires and trust the process. It’s easy to hold a desire with emotion, in your mind, when it naturally appeals to you, when you are naturally excited and enthusiastic about it, it takes no concentration. When you combine this with trust in the law of vibration (the process of attraction) then you experience the manifestation of it. To trust the process is to know that by holding the desire with emotion and expectancy, it is yours now, and to know it is yours now is to be grateful, excited and at peace. When you realize this, it is then easy to accept the physical world as it is because you know that by giving your attention to your desires, you can change anything. Conversely, if you do not accept what is, you are giving what you don’t accept attention and it is the thing that manifests over and over. To take this concept one step further, let’s say you have a car, do you think about getting a car, no, you are simply grateful and appreciative that you have a car. That is the level of gratitude that allows your desire to come into your experience; the feeling is that you already have it, an all out knowing, this avoids any feelings of not having it (which will keep it away).

In terms of giving, remember, it’s what YOU feel, that determines the vibration deposited into your subconscious mind. So, if you give a smile to another, it does not matter if they frown back. I think you will find most

times it turns a frown into a smile, but no matter, it is your choice to feel the positive and to send it out. At the very least you are fertilizing your soil and you are sending out a positive vibe to the collective consciousness for all to benefit from. If ever a negative energy comes back when you send out a positive, side step it and hold your high vibration.

Giving is very tightly entwined with living your purpose. You will find that giving comes much more easily and naturally when you are following your heart. Purpose will be covered in the upcoming weeks and you will notice the relationship it has with giving. In fact all that you are learning is very interconnected to really living a high vibration life and attracting what you want, so take notice week by week how all of these elements work together. Any one of them alone could help you out but you really need to embrace all of them to reach that high level of satisfaction and balance in your life.

I do want to bring acute attention to the fact that your subconscious will never allow you to receive more than you feel you are worth so if you find you are giving and not receiving, self worth is definitely a place to pay special attention to. It is paramount that you see yourself as a child of the universe, deserving of all the best of life. You have seen in the program in several places where this is talked about and this theme will continue in the remainder of the program. I can not stress enough how vital this is to your success in life. Really internalizing the documents “The Truth of Abundance”, “Why Everything is OK” and “The Missing Pieces” on my website is what you will want to do if you find your self image needs to be brought back in alignment with who you really are.

In every situation possible, you want to leave people feeling great about themselves and feeling great because they spent time with you and being in your presence. Leave them with the feeling that they are glad to have been

in your company, which you, in someway enhanced their day through your positive energy. It does not mean that everyone will receive your intention but the important thing for you is that no matter what goes on in the world around you, you keep your mind busy with high vibration thought-emotions, and look to influence your world through your vibration. Remember, the subconscious is constantly picking up your vibration and matching you to circumstances that equal it.

Compassion and Understanding

Generally speaking, we do not live our life in isolation. Through our education, family, friends, work, community etc, we spend a great amount of time interacting with others. In these interactions, much of the time we measure and interpret what we hear from others against our own beliefs about life. For the most part we tend to think that what we believe is the way things are and therefore often discount, ignore, dismiss or challenge others on what they say. When people have common beliefs about a topic, the conversation tends to go very cordially but when beliefs differ about a topic it often results in some degree of one person attempting to convince the other that their information is correct. In other words, there is a great deal of attention given to what is right and what is wrong, what is good and what is bad, why one thing is better than or worse than another. This of course leads to arguments and disagreements of all sorts, to fight or flight reactions, to damaged and broken relationships, quitting jobs, hurt feelings, and generally, taking things personally, especially when one person casts judgments on another or lays blame on them because of what was said or because of a behavior.

These types of interactions occur, because at an early age, we tend to develop beliefs about how life is to be lived and how we are to conduct our

self. After having accepted these beliefs, we tend to close our mind to any other perspective about how life can be lived and how we can conduct our self. This essentially places us in a “reality bubble” that we live inside of for the remainder of our life. The reason we stay stuck in that bubble is because our beliefs are what cause the circumstances in our life to be attracted to us. When we attract the circumstances, we take them as proof that our beliefs are correct and that reinforces those beliefs which then attracts the same circumstances all over again. You can see the self reinforcing cycle that happens. We don’t realize our life is a self fulfilling prophesy.

The beliefs we take on of course are without the knowledge and understanding of the truths and laws that govern all of the universe. For this reason the beliefs we have about our self and life have to be faulty at least to some degree. The faulty beliefs are almost always based in scarcity, limitation and not enoughness. This is what essentially positions us with this one dimensional perspective on life and closes our mind to it. This is what then has us fighting for and defending our point of view – even at our own peril and the peril of others.

It is these faulty beliefs that lead us to very low vibration interactions with others where the emotional fall out from disagreements and differences in beliefs can be anywhere from mild to severely damaging. In fact, these disagreements can and have often throughout history escalated all the way to wars.

You now know that low vibration anything will not get you where you want your life to be, so these faulty belief based interactions that breed a right / wrong, good / bad approach to communication and life in general needs to shift. But where do we go to make this shift, how do we make this shift. What if instead of measuring things as right or wrong and good or bad that

we measure things in terms of how we feel? What if we could accept that others could think differently from us and do things differently than us but yet in their way find happiness, joy and peace? Do we need them to agree with us? Do we need to be right? Can we be OK for them to live joy in the ways that work for them? I propose that this is possible and to achieve this we need only look to compassion, empathy and understanding.

If we understand that there is more than one perspective on any given topic, it will open our mind to be more accepting of the perspective of others, knowing that as our perspective can work for us, that theirs can work for them. That there is not only one road that represents happiness; there are infinite roads that represent happiness. Further, what if instead of taking things personally we paused and looked to understand the other? Even when they come at us with a seemingly unpleasant attitude and words. What if we first look to understand what is behind their attitude and words? What if we duck and let the unwanted go by? What if our first response was one of compassion or empathy? What difference would that make? In the end, even if they are not willing to move from their position of a low vibration or accept your offer to help them up to a high vibration, you have the option of remaining in a high vibration. You always have that option. You do not need to prove your point, put people down, judge them and basically throw gas on the fire. In fact, when you do this, you are only choosing to reduce your own vibration and cause yourself to attract things you don’t want. You are diverting your attention to low vibration thinking.

In order to take on this attitude of compassion, understanding and empathy, you really need to understand who you truly are. When you have the mindset of unlimited abundance and the knowledge and know how to transform energy into any form you desire, then you are free to extend these

qualities. But when you are operating from scarcity, lack and limitation it can be a challenge to extend yourself when you think that giving to another may leave you without. It can be a challenge to have an open mind when you think to do so means you could be wrong or bad or less than. It can be demoralizing to think that someone is smarter or better or faster than you. The thinking may be that if that is the case then you are replaceable by that person or simply again, not good enough. The truth is that we are all unique and every one of us has a unique purpose and reason for being here. And we all have access to an infinite supply. No one can take what you desire to be, to do or to have. Your ability to achieve your desires and what you want to be, to do or to have has nothing to do with anyone else, it only has to do with your willingness to learn about who you are as a human being and use your innate abilities to achieve those desires.

Exercise 1 of 3 - The act of giving to others

Mind Mastery Area 3

For the next 7 days, do at least 5 intentional acts of giving each day and record them (compliments and the like count as acts as long as the other person has an opportunity to experience what you are giving). Other acts of giving include being helpful, kind, thoughtful, compassionate or understanding. The questions “How can I help?” and “How can I serve?” would be good ones to keep in your daily awareness. Just keep in mind, you want to inspire others to raise their vibration, it does not help them or you to go to their low vibration. Stay steady with your high vibration, it is not your job to make others happy, you can show them how to find happiness within themselves. If they choose not to take back their power that is not your responsibility. It is your responsibility to shine your light, that is what really brings the good to you and helps others. Lead by example.

Exercise 2 of 3 – The act of giving to yourself

Mind Mastery Area 3
In conjunction with Exercise 1, record 5 acts of kindness towards yourself for the same period and in the same fashion.

Exercise 3 of 3 – Awareness of positive contributions

Mind Mastery Area 3
One last thing to track during this period is if you took away from yourself or anyone else, that is, if you tore yourself or others down; you will want that to be at zero. Note, taking away from another is based on your intention, not their interpretation. To be clear, if your intention was to be kind but it did not serve another in a way they wanted, you cannot be responsible to be everything to everyone. You just make sure that whatever you do, you do your best, contribute in high vibration ways where and when you can. That may not be interpreted as such by others, but again, you cannot be responsible for the myriad of interpretations of others. That being said, you must be mindful of the delivery of your intention. You are responsible for your vibration. If you are getting negative energy from someone, it is telling you something about your vibration. Use the previous exercises to help turn that around. Remember you may be able to turn that particular incident around with words and actions but if you want to eliminate such situations you must turn it around by changing your vibration. To put it another way, use your mind (vibration), not your mouth for more permanent changes in life circumstances. If the vibration of a situation would be improved with an apology then that would be the beneficial thing to do, but at the higher level, it's what is going on inside that will change things going forward.

Some other thoughts for this exercise; were you pleasant with people, with yourself, or were you not? Did you reach out when someone needed help or did you not? Did you see people as your enemies and opposition or as your friends or teachers? (No matter what they brought to you).

Although I mention 7 days you will want to carry on with this until you make it another one of your high vibration habits. Until it becomes a habit you are always at risk of the present habit taking over. Once you make it a habit it will take no mental will but until you do it could take considerable mental will on any given day.

Questions

1) Is there a difference in your vibration when you authentically give a small thing versus a big thing? Explain?
2) What is the consequence of giving with the intention of “getting”?
3) What is the natural benefit of giving that contributes to attracting what you want?
4) Can you hide what you are feeling from your subconscious mind? Why?
5) Why does giving the thing you want cause it to be attracted to you?
6) What is more important, giving to yourself or giving to others?
7) What does the thought of getting cause?
8) When others are not receptive to what you give, why is it important for you to hold to the feeling of giving rather than engage in their energy?
9) What is the influencing factor that affects what we receive, even when we are a giver? Why?
10) What tends to perpetuate arguments and disagreements?
11) Why are arguments unnecessary?
12) How can we disagree with others but yet stay in a high vibration?

13) What is meant by a “reality bubble” and how does it affect our life?
14) Do you always have the option to remain in a high vibration? Why?
15) What is it that really enables you to practice compassion and understanding?

MODULE 2

Week 10

Fertilizing the soil – The High Vibration of Living in the Present Moment

The notion of living in the present moment perplexed me for years. I really did not grasp it, then one day, as with most things, the light came on and I realized how significant it was to really achieving a high vibration life. Here is why living in the present moment is another piece to living a balanced life of health, happiness and harmony.

Stop and think for a moment, all there ever really is, is now, right now. Can you take your body and go back to relive the past? Can you put your body into the future? The answer of course is obvious, but what is vitally important about what you just read, is that although you cannot go to the past or future with your body, you can go with your mind. Now let's think about this. It's so important that I am going to repeat it. ***Although you cannot go to the past or future with your body you can go to the past or the future in your mind***. This is true because you can choose to put a thought of anything you want in your conscious mind. In fact, if you view the diagram on my website at http://highervibrationsnow.com/?page_id=1424, called "Choosing our Life Circumstances". It shows you what we tend to think about and the effect of those thoughts. As you know by now, your thoughts are catalysts for your feelings and it is the vibration of the dominant feelings that get deposited into your subconscious mind, or

to put it another way, your dominant feelings become the vibrational instructions that your subconscious mind uses for what to attract into your life. This is what the diagram illustrates.

It is vital to the quality of your life to know that whatever thinking you bring into your conscious mind, it becomes the source of your vibration. If you bring past memories into your conscious mind that “hurt” or “feel bad”, what you are doing is using your past as the basis to attract your current life circumstances. Essentially you are creating the present out of the past, or to say it another way you are recreating the past. Let’s look at thoughts of the future. What if you hold thoughts about future outcomes that are based on fear of something unwanted happening; you are literally creating your future from your present moment thoughts (based on faulty beliefs)? All feelings are self fulfilling prophecies, why, because of the law of vibration. Your subconscious mind does not ask where the emotional energy came from it just takes it. It could come from what your 5 senses are experiencing, from a past situation, a future expectation, a conversation in your head, it doesn’t matter, to the subconscious it’s just a vibrational instruction.

Whatever vibration you deposit into your subconscious mind, no matter why or what motivated you to choose it; it becomes the attractive force that causes what is attracted into your life. If you really digested that last sentence, what it is saying to you is that you need to be very mindful about each and every thought-feeling-image you choose; knowing vibrationally that they become your life experience. That’s right; you are in charge of what comes into your life. If in the present moment you recall an unpleasant experience of the past, it becomes your vibration now. If you imagine an unpleasant event in the future, it becomes your vibration now. If you allow

unpleasant “happenings” in your day to influence your thought-feelings, it becomes your vibration now. Ultimately what you want to choose in the present moment is a thought-feeling-image that is what you want to experience, something that will cause you to feel good regardless of what is happening, has happened or you think may happen. If you wanted to create a movie, would you record what you want the movie to be or not to be? Each thought-feeling-image you choose is like recording the movie that becomes your life. You are recording virtually all the time and you can change what you record as you desire.

We so often let our present moment thoughts be hijacked by what has happened to us, what is happening to us, or what we think will happen to us. The reasons for this are as follows:

The first reason our thoughts get hijacked is that we have beliefs that are based on faulty information. Beliefs, as we have covered are simply thought>feelings with momentum and that momentum influences our thinking about the topic of the belief. So when we have an experience that is related to that belief, rather than coming at it with objective fresh thinking about all of the possible responses, the thought of the experience draws on the feelings and outcome that occurred previously with that experience. In other words, there is negative thought momentum already in place and therefore you can easily fall into a negative feeling just by thinking about the experience. This reinforces the faulty belief and you can see the cycle that goes around as we think the same thoughts about the same old things. For this reason it is critical in the present moment that you take charge of your thinking by using your mental will and imagination to setup the images>feelings that will attract to you what you want to experience and not allow yourself to be taken in with appearances or circumstances.

You don’t have to relive the same old experiences you don’t like. The only reason that happens is because you unconsciously allow yourself to be captured by the thought momentum linked to a belief (which gets triggered by a circumstance). The only reason we do this is because we are unaware of the power we have to turn away from those thoughts and choose different ones (regardless of the circumstances). Another reason is that we don’t link what we feel to what happens in our life, if we did we would be much more careful about the thought>feelings we choose. As an example, if a person had a bad experience the first time they drove a car, one that frightened them, the thought of driving again could really immobilize them. But it does not need to be this way. They can take steps to get the mental picture that driving is a very pleasant and useful experience. If they do not do this, they will almost certainly attract a bad experience each time they drive because they will be expecting a “bad” outcome from the fear and unpleasant experience they had previously. However, if they take away the thought>feeling momentum of that bad experience by using their imagination, that is, focusing their attention, images and feelings on what they want to happen, they will create positive momentum and attract a pleasant experience.

The second reason our present moment thoughts get hijacked is because we associate negative feelings with thoughts about the future. The same thing happens as what you read in the previous paragraph; that is, our faulty beliefs can cause us to think about some unpleasant happening and then we put our imagination to work in a negative way. When we do this we attract what we don’t want. ***The truth is that the future is an open field of all possibilities and we can pick any reality we want, but when we home in on an outcome that is negative, we literally create our future from that negative vibration that we choose***. In knowing the truth about abundance

and the laws of the universe that we have covered, ***we know that the future is indeed a field of all possibilities, and therefore, we can pick the one that feels best.*** Let's look at an example. If you believe that an increase in interest rates means that the economy is going to take a down turn, businesses are going to have it rough, jobs are going to disappear etc., then your thoughts about starting a business or looking into another job are going to be significantly influenced. You will absolutely have fear if you engage in either of those activities and if you do proceed to engage those activities you will attract to you an outcome equal to your beliefs. If on the other hand you operate from the truth of an unlimited abundant universe to which you have unlimited access and you can transform energy into any experience you want, do you really care about interest rates or anything else in the man made physical world?

What drives so much, if not all of this past and future negative thinking is fear or one of its many related faces such as, being rejected, not approved of, not enough, not good enough, failure, not being able to look after yourself, or judged. There are many other fears that keep us from present moment thinking and they all simply rob us from purely focusing on our desires, about what is possible, and from being our powerful creative self. Of course, the thoughts and feelings you hold in mind are all a choice even though you may think you have no choice and those thoughts are forcing themselves upon you. This is not true, it's just the momentum of a belief in action and you can slow it down and turn it around anytime with a thought in the positive direction. Remember when you are thinking a thought, the law of vibration will bring you another that is equal to it in vibration. This is what makes you think thoughts are thinking you but you can interject and any moment with a new thought. You are gaining tools throughout this program that help you to know how to do that.

There really is only one way to get your mind out of the negative momentum about the past or future and that is to connect with your source self and the laws that govern the universe. That will empower you to keep your present moment thoughts>feelings>images strictly on what you want, independent of anything that has gone on, is going on or perceived to go on in the physical world. You will be empowered to keep your mind on what is pleasant, enjoyable, uplifting, fulfilling and in the service of others. **Again, there is only one way to overcome negative momentum and it is through study, understanding and repetitive practice to retrain your mind to the thinking that supports the attraction of what you want.**

Keep in mind, when negative momentum is strong, along with connecting with the truth about you and the laws, you will also need patience, persistence and repetition. Turning negative momentum into positive may take any number of times to catch your self going negative and shift it to positive. You must keep shifting until the positive takes over. Think of negative momentum like a big fire where each time you turn to a positive feeling, it is like throwing a bucket of water on it. You just have to keep throwing the water until the blaze is out. You will know it is on its way out because you will feel positive more often and also you will notice that you are attracting more of what you want. In the process of throwing that bucket of water, you are creating a new belief and as you focus on it, it will become the dominant belief with momentum. When that happens you will find your automatic responses to just about anything are positive rather than negative. You will find that any negative self talk starts to soften to more kind and positive self talk.

Even when you are engaged in your current daily life, notice how much of what you are thinking and feeling right now is in reference to something in

the past or something in the perceived future. How often do we really take a situation and just look at the possibilities; that is, what we want to have happen independent of anything in the past, present or future. Really, our conscious mind is almost never in the present moment of all possibilities, but yet our subconscious mind is ready, willing and able to deliver anything we ask of it. **This is why it is vital to taking charge of your life that you discipline your conscious mind to think what you want to think about and not from appearances or circumstances.**

To overcome the gravity of fear based choices and really make your present moment thought>feelings about what you want, you may want to revisit the article “Fear versus Faith” on my website. Also pull out the document on the “Truth of Abundance” from my website and visit the other material there to really embrace the law of vibration as a power you have to work with. Also, regularly connect with the truth about yourself, about abundance, the law of expression and increase to really let you know that you are born a success with total support from the universe to live it. **Do all of the exercises in this program as many times as it takes to develop your trust in who you are, understand the laws that govern the universe and learn how to use your power**. In Week 19 there is more information about how to use your tool box of exercises to be the master of your mind and take charge of your life – for the rest of your life. You really need to get to a point where you believe and trust in nature’s laws, and your innate power, or fear may be the type of thoughts that take over more often than not making it a real challenge to switch negative momentum to positive.

Focus on the now, be thankful for all that you have, and be thankful for what you hold in your imagination as though you had it now, knowing it is

on its way. If you do this, the days ahead will be just as you want them to be. The best way to ensure a bright future is to keep your mind in the here and now, the present, with thought-feeling-images of what you desire. The more you embrace the laws and truths and see them in action the more confidence you will have and the more effective you will be in using them to keep your mind on what you want.

Exercise 1 of 3 – tracking your effectiveness to keep your mind in the present moment

Mind Mastery Area 3
For the next 7 days record on a scale of 1 to 10, how much of your day do you believe that you are holding thought-feeling-images that will get you what you want, with 10 being all day. Here is a hint, if you are aware of how much time you are holding negative energy, that can help you to know how long you are staying there and also how quickly you are turning to positive energy - what you do want.

Exercise 2 of 3 – present moment thinking satisfaction indicator.

Mind Mastery Area 3
For the next 7 days, write down how satisfied you are with the experiences in your day, are they what you want? Do this on a scale of 1 to 10 with 10 being most satisfied. You can do this by different topics, job, relationships (each type), fitness, self care etc.

Exercise 3 of 3 – replacing fear with faith and trust

Mind Mastery Area 3
When you give focus to your visions and desires, if you hear that voice of fear giving you some reason why you can’t have what you want. Listen to it; ask yourself, what am I afraid of? Let that voice tell you all of the things

it thinks is going to happen. It may drag you into the past and into the future, just hear it out. Then turn away and know that it is the voice of the faulty and erroneous beliefs that came as a result of the missing information. Reacquaint yourself with the truth and the laws and **know that what you hold as a vibration is what you must experience.** Know that the more you intentionally turn away from the negative; you are building that muscle of mental will. As you do this, and you see the change that occurs, you will have more patience, and you will have confidence and trust in your power to take charge of your life. The key is to use what you are learning in this program everyday. If you start skipping days, you will almost surely fall in to old ways until you develop the new habit of thinking about what you want to think about.

Over the next 7 days, record how many times per day you felt the fear and what you did to calm it and move your mind to faith, trust and confidence.

How much time are you spending in past (negative) memories and / or thinking about the future in a negative way. How much does your mind jump around amongst what you don't have, how you are treated that you don't like, the economy, the weather, the internet, and to crises, internal negative self talk about yourself or someone else, low vibration conversations, inputs and conflict? If 50% or more of your mind activity is wondering amongst these things you're probably not getting much of what you want and finding you're kind of stuck in the same old cycles. Again awareness is everything, to actually see how you are using your mind and how it relates to what is happening in your world is an incredibly valuable observation for self change. Are you setting yourself up to attract what you want or are you sabotaging your life? Take a good solid honest look at your

life; it will give you a very clear indication of how you are using your power in the present moment.

Although I mention 7 days, you will want to carry on practicing present moment thinking until you make it another one of your high vibration habits. Until it becomes a habit you are always at risk of the present habit taking over. Once you make it a habit it will take no mental energy but until you do it could take considerable mental energy on any given day.

Questions

1) How can the past and future affect your vibration?
2) Does your subconscious know if your feelings are based on thoughts about the past, present or future? Why or why not?
3) When your subconscious registers a vibration, what is the time frame it registers it as having occurred?
4) Why is what we choose to think>feel, like recording a movie? How does this concept empower us?
5) Are you deceiving yourself and being unrealistic when you use your imagination to see a picture that makes you feel good, rather than feeling badly (about what is happening in your life)? Why or why not?
6) What are the two reasons our thought>feelings get hijacked? What are the consequences of this?
7) Explain the relationship between momentum, thoughts, feelings and beliefs.
8) What is the only way out of negative momentum?
9) What does it take to completely stop negative momentum?
10) How do you know when negative momentum is changing to positive?
11) What can make it a challenge to switch negative momentum to positive?

MODULE 2

Week 11

Fertilizing the soil - High Vibration People

I suggest that on this journey of mastering your mind and taking charge of your life, that you have a support system. It will be much easier and enjoyable to have one or more people to do it with, or at least have some people in your life that are on the same wave length that you can talk with about it. In addition, I highly recommend having a coach you can call on. Your friends and family can provide support and encouragement to help you, but a coach is trained specifically to help you pull out the strength and abilities inside of you, and to keep you moving forward.

I can almost assure you that you will have days and moments when all of the old junk wants to take over, some days more than others. It has a lot of momentum and it takes persistence, patience and repetition to make the new thoughts more dominant. You many think, what's the use, but it is in those moments that any help you can call on is so important; be that people or putting the tools to work that you are learning here. With support and practice, you will keep exercising the muscles of your mental faculties. As they get stronger it will get easier and easier to keep your self on track and bounce back from any issues that arise. Along with your own efforts, the more wind at your back in the form of support people and coaching the

better, because those old influences, at times, can be very strong as you work on displacing them with the new.

You must understand that we are vigorously taught to base our emotional state on what we “observe” going on around us, the appearances of our life. Also, we are taught to react to the observations, appearances, conditions, and circumstances that surround us. We allow our five senses to be the sole input on how we feel towards just about everything. For this reason it is so easy to be drawn into the happenings of life, it can be like “quick sand”. For example, someone just said something to you about (fill in the blank) or you just got some news about (fill in the blank) or your flight just got cancelled and what happens; so often we get totally hooked into negative energy without as much as the blink of an eye or even realizing what is happening. Allowing our selves to get hooked (into low vibration) has a very high price; it literally causes our life experience to remain in the cycle of things we don’t like and prevents us from attracting what we really want – that’s a really high price. Our whole life can pass before us and we never get off of the ride that keeps us going around and around, the one we don’t like. Does this sound familiar? For this reason, having people that can help pull you out of the proverbial “quick sand” versus those that will jump in with you, is very important to you fertilizing your soil and living in a high vibration.

Be sure to sort out how people are helping you on your journey. What I mean is that some people are helping you like a good wind at your back, others may come to you as wind resistance, but their presence is equally as important because they are helping you to know that you still have work to do to release “old” patterns of thinking and believing. They are also helping you to get clearer about what you want. These people are extremely

valuable to you, just as valuable as those who are the wind at your back! As you recognize the message and shift your vibration, you will notice they will disappear or change to match your new vibration. Their work is done and you have taken one more step to get in alignment with your true self. How radically different is that from viewing people as tormentors and antagonists. Those who you are most at odds with are the ones most helping you to be clear about what you want and therefore aware to attract it. Can you think of anyone in your life that tempts you into negative feelings or even a voice in your head? They are gold, get the nugget and advance your life.

Be aware of what people bring to you and what they are contributing. If negative, stay only long enough to get the message and then keep your distance if possible. If it is not possible for you to keep physical distance you will have to use what you are learning here to keep emotional distance. You do this by focusing on positive aspects, but seeing the source within them, by looking beyond the circumstances as they are by using those circumstances to identify the way you want it be and thinking those thoughts. You can be grateful for the clarity they helped you discover about what you want. It may be a case where you cross paths with that person any number of times, but each time just look for the message (the feedback about your vibration) and keep shifting your vibration. Sooner or later they will change or you will have loved them out of your life because your high vibration of love will not be a match to their low vibration. Love someone out of your life, how much better is that then trying to push them away, or change them or avoid them and they won’t go nor change. Of course they will not go or change when you remain negative about them because your negative energy about them keeps feeding the kind of presence they have in your life. To say it another way, you keep attracting what you don’t want by

focusing on what you don't like. Get the gold nugget and release them by loving them, then you will be free.

Some people in your life will be very good support but they may cast some fear, worry or doubt towards you once in a while. Just realize it is yours; that is, they are presenting a vibration of yours. Make the shift and guide your conversation with them to the positives where you connect with them. You can thank them for their insight and continue to enjoy their support in other areas. The point here is, don't chase away truly good friends, just neutralize topics that are unhelpful, and as you do this they will stop raising those topics and be of even greater support.

Exercise 1 of 3 – The people in your life, interpreting the message.

Mind Mastery Area 3
Each day for the next 7 days, take note of who is in your life and record any situation where you felt like you were being drawn into a negative vibration and what you did to hold yourself in a high vibration.

Look at how each person is helping you on your journey. Who helps you to stay in a high vibration and who is giving you a message that you need a shift somewhere in your vibration. Who seems to "press your buttons". What is each messenger (person) bringing to you; that is, what is the message about your vibration, beliefs and self image. The feelings that arise in you from what people say to you and how they behave towards you, can be very helpful in alerting you to some limited or faulty believe within you. Just be aware of your feelings, they help you so much.

Also be aware if you are taking things personally and being defensive. That would indicate that you are being hooked by appearances rather than standing back and looking for the good, identifying what you really want

and for the opportunity to identify a faulty belief and displace it. Keep an open mind and be very objective to what helpful clue is being offered in a situation or by a person no matter how challenging it may seem. In the moment of feeling you are falling into a negative vibration; this is the critical moment to break the negative reaction cycle and stop supporting the attraction of the same old situation from happening. When you do this repeatedly a new situation will occur, one that reflects the new vibration you choose. Sometimes it may take a little more determination to stand back to see the helpful element, but it is there just like the word you look for in a word search puzzle.

Remember to consult the lists and tools you have accumulated to help you turn your emotional state to one that will move you to where you want to be. Exercise 5 in Week 5 is an invaluable tool to avoid taking things personally. Also Exercise 2 in this week is specifically to help you find a new positive response rather than the same old negative reaction. Its the new response that will cause your mind to be focused at a higher vibration. Once your focus takes you to a higher vibration, you cause what you want to manifest in your life because now your vibration equals the vibration of what you want. When you react negatively, your vibration is not equal to the vibration of what you want and therefore you cannot connect with it.

Exercise 2 of 3 – Responding versus Reacting

Mind Mastery Area 3
Every day for the next 7 days, identify which one of the following strategies that you used to help you turn away from being drawn into a negative reaction.

Four words that can really help you to stand back from a situation and take stock before you respond are:

Acceptance

Detachment

Non judgmental
Defenselessness.

Accept the situation simply as a condition that came to you because of your vibration. This will help you to detach and not take it personally. When you judge you are not really judging another; that judgment energy can turn into a vibration within you such that you become the energy of that judgment and attract it to you. That is definitely not the objective here, so by practicing acceptance, you will help yourself to stay away from judgments. To be defenseless also means that you are not taking it personally, you are not attempting to prove or justify your point or how their point is incorrect. There is no right or wrong. There is nothing to defend, nothing to prove, nothing to justify. There is just cause and effect, with vibration being the cause and condition or circumstance being the effect.

In conjunction with these four words, here are 6 more strategies that you can put into use to diffuse and divert negative energy (low vibration) into positive (high vibration):

- Apologize to help neutralize negative energy even if you didn't do anything to apologize about. It is a challenge for anyone to pursue an issue once you apologize.
- Be thankful, if only in your head for that person alerting you to a vibration in you. Then affirm what you would like the situation to be, what do you want
- Show understanding and compassion to sooth the situation.
- Show mutual respect by making a statement such as I can appreciate that. This will affirm your acceptance of their point whether it is the same as yours or not. Your realization that differing points of views are OK and natural will keep you and them in a high vibration as everyone

can feel good about their view without feeling threatened or challenged or needing to prove or defend anything.

- Ask a question such as, “why do you feel that way” (you can use this with #3 if helpful). You can ask “how do you feel about that”. This shows concern and also raises their awareness about their feelings which can help them be aware of what they are thinking about and perhaps entertain a new perspective that will feel better.
- You can help them identify what they would like instead of what is happening that is stirring up negative energy. Get them to focus on the wanted. You could use phrases such as “wouldn’t it be nice”, “how would it feel”, “what would it be like if”.

These strategies will all allow you to neutralize negativity, detach from taking anything personally and have a clear mind to state what you want. When you do this you have just taken over your mind to attract what you do want as there is an absence of the vibration that causes you to attract what you don’t want.

Exercise 2 of 3 - Your support team

Mind Mastery Area 3

Come up with a list of people who can really be your support circle and contribute to your success. Where applicable, you may want to mention what you are doing to see if others are interested to join in as it pertains to their journey. Whether they participate or simply support you, either way it’s going to help you.

Be acutely aware of who may be in your life as a “habit” or for “security” or for some reason that is related to some type of fear in you. To really live a high vibration life, you must allow your vibration to orchestrate

everything in your life. If you allow the fear based beliefs and related thoughts in your conscious mind to run the show you will be allowing your thoughts to attract what you don't want. When you do let fear rule your life, the good that you want will not find you because while in one corner of your mind you are thinking about what you want and using all of your tools to impress that vibration, in another corner of your mind you are sabotaging it with the fear based thinking. If the fear is your dominant vibration it will be your attractive vibration, and further, what you tend to act on, either doing or not doing because of fear. You must unify the focus of your conscious mind on what feels good. Add faith and gratitude and surround yourself with as many people as you can that encourage and support you on your journey. This will allow your conscious mind to provide a very strong instruction to your subconscious mind, and this will generate opportunities that you can simply then act on.

Questions

1) What is the value of having like minded people to support you in this process of mastering your mind?
2) What can a coach offer you?
3) What is the value of the people that bring you negativity? What is the effective way to handle those situations?
4) Why do we base our emotional state on what is going on around us? What other option do we have?
5) What is meant by the "quick sand" effect and how can we counter it?
6) If someone casts doubts on things you want to do, does that necessarily mean you should keep your distance from them? How can you use this to your advantage?
7) How is life like a word search puzzle?

8) What are four words that can really help you to stay away from taking things personally and why?
9) What is the result of your energy flow as the result of holding negative feelings?
10) Which feelings will be your attractive energy?

MODULE 2

Week 12

Fertilizing the soil - High Vibration Life Style

You now should be quite tuned into the concept that the thought-feeling you hold in your mind, regardless of what motivates it, becomes your vibration. That, in turn attracts experiences of an equal vibration to you. The more time you spend focused on that thought-feeling, the more it manifests in your life. As you repeat it, it becomes a vibrational belief pattern with more and more momentum to attract equal vibrations to you. Therefore, as you change your thought-feelings and create new beliefs, the world around you will reflect this change. When you have a negative belief with a lot of momentum, it has a strong presence and it takes determined and repeated focus to displace with a new positive one. In that spirit of thinking, to help you raise your vibration and get aligned with your true self, which will attract more of what you want, this week is about choosing things around you that are of a high vibration nature. This will help and support you to do the inside work. Every bit helps, every positive influence will make a difference, especially when there are strong negative currents from old beliefs. It would be wise for you to consciously include in your world, as much as possible, those things on the outside that are of a high vibration, while excluding the ones that are not. Gradually, as you change your vibration, your circumstances will automatically follow, but until then you may need to exercise a little more conscious choice.

If time permits, in addition to this program, it would help to have other sources of reading material that will keep your mind fixed on the concepts of your energy nature, the truth of abundance and the laws of vibration, expression and increase. Just a few pages a day can really make a big difference. You can consult the back of this book for reading references. With the amount of training we have had in fear based thinking, you will want to do as much as possible to increase your faith, confidence, and belief in the truth about yourself. With the truth well in hand, fear has no power and your vibration will soar.

Exercise 1 of 1 – Monitoring and Adjusting the Vibrational Inputs of Your Day

Mind Mastery Area 3
The purpose of this exercise is to raise your awareness about the choices you are making in terms of their vibration value to your daily life.

For the next 7 days, each day document the things that were part of your day and rank their vibration level on a scale of 1 to 10 with 10 being the highest. Things that are typically part of a persons day are the following: Conversations, self talk, food quality, your exercise experience, social events, movies, reading material, hobbies, leisure time activities (list them), music, your general surroundings, your work environment. Basically you want to keep track of where and how you choose to spend your time, taking note of whether it is providing high vibration or low.

As you start to make even little differences in your choices, you will get a sense of accomplishment and achievement towards moving to a high vibration life. Every little step you take will motivate you to keep moving forward. It also let’s you know that you can do what you set your mind to

and that there are feel good rewards with high vibration choices. That is what we are all after, to feel good. When you feel good, it has a positive impact on your vibration and starts to invite more of what you want. Whether you eat a little healthier, become a little more fit, take a little more care with your finances, watch a little less drama TV, or give a little more to others, these things will all raise your vibration. Even something as simple as setting boundaries on what attitudes and behaviors you allow towards you, and eliminating things you have been tolerating. These things can increase your self respect and your sense of value which will increase your vibration. Look for the little victories and celebrate your advancement.

Questions

1) While you are doing the things in this program to raise your vibration, what can you do on the outside to help the process move forward?
2) Why is it important to keep yourself immersed in high vibration material on a daily basis?
3) What allows us to make new choices?
4) What happens with each little step you take to live a higher vibration life? And why is that important?

MODULE 2

Week 13

High Vibration Review and Reflection

You have now completed 12 weeks of the program, Modules 1 and 2. If needed you can return to the summary of Module 1 to refresh what was covered in that module. In Module 2, you have learned how to keep yourself in a high vibration, no matter what is going on around you. You have learned that you do not have to allow appearances and circumstances to control your feelings and therefore your vibration. That there are ways to look at anything that allow you to maintain a high vibration. The specific topics covered in this module were, the high vibration of:

Abundance

Gratitude

Doing Your Best

Giving, Understanding and Compassion

Living in the Present Moment

High Vibration People

If you think in these ways, you will always find the good, you will always feel good, and where you feel good, you are in a high vibration. As indicated in the beginning of Module 2, a high vibration is to your life like fertile soil is to the seed, it simply supports it to grow to its true and natural expression. When you live a high vibration life, it allows you to experience your true and natural expression. In Module 3, we will expand on the work you did in Module 1 and really identify with what is your natural expression and desires.

If you have been doing the work on a daily basis as presented, and applying it to your life, you must be experiencing positive changes in some way. The reason of course is that you would have raised your vibration, and your life always must match your vibration; that is the law. Note however, that the changes you experience will happen differently for you than they do for anyone else because everyone's path and life experience is unique. Never compare yourself with another, we are all equally and uniquely gifted and with a unique purpose and with unique desires, so you can not be like any other. Just use the work you have done so far to keep tuned into the totality of who you are, what you want, and what feels good to you; finding a way to feel good and look for the little positive changes; building on them each day.

It is very important to remember that if you have faulty beliefs with a lot of momentum, it requires patience and repetition to turn that momentum around. When you start to use what you have learned in Module 2, how quickly and extensively you will see changes in your life depend on how many faulty beliefs you have and how much momentum they have. It also depends on your confidence in the truth you have learned about yourself,

about the laws, and your patience to repeatedly turn away from what you don't want and to something that feels good. It's like throwing a bucket of water on a fire, sometimes it takes many before it is out. To help you sustain the level of patience and repetition it takes to slow down and turn negative momentum into positive, visit the declaration you made at the first of this program. That will remind you of the discomfort you had that motivated you to seek change in the first place. It will also keep you motivated to keep doing the work because you know you don't want to go back to where you were.

As you see changes start to happen related to changes in your vibration, it will feed your confidence that you have the power to take charge of your life.

If you feel that you need any additional daily work from the material you covered in the first two modules, this is a good week to review and do that work to make sure it is in good order. If you need more than a week that is OK as well. The stronger your foundation, in terms of the work you have done so far, the more it will support your work in Module 3.

For this week of review and reflection, since maintaining a high vibration is such a critical element in the attraction process, there is one exercise to help further raise your awareness in terms of keeping yourself in a high vibration. One of the best ways to monitor whether you are in a high vibration or not, is to catch yourself going into a low vibration. When you do this, it gives you an opportunity to turn it around. The more you turn it around, the more time you will be spending in a high vibration. The more time in a high vibration means the more that the road is open for your desires to find you. To put this another way, what you are really after, is to

increase your awareness of how you are feeling in any moment and always make sure you are feeling good or finding a way to feel good.

Exercise 1 of 1 – Finding new high vibration responses

Mind Mastery Area 3
For the next 7 days, at the end of each day give yourself a score from 1 to 10 with regard to how effective you were to catch yourself going into or in a low vibration and turning it around. 10 means you were most effective and 1 means you were least effective.

For any situation that you believe you could improve on, identify some different responses (high vibration) that would have been possible using all of your tools. Rehearse it in your mind and in particular, remember the tools of acceptance, detachment, non judgment and defenselessness. You can also use the 'I wonder statement'. I wonder why he / she / they behaved like that? I wonder what he / she / they would have done if I (fill in the blank) or I wonder what would happen if I (fill in the blank). Be as silly as you like when you fill in the blank, it will open your mind to new possible lines of thinking, and this can help you to break the same old reaction pattern by giving you a new perspective. The objective here is to replace a negative reaction with a positive response and feeling.

Remember, the feeling from a negative reaction goes to your subconscious mind as an instruction, so if you keep reacting the same way and feeling the same way, you are going to cause a repeat of what you don't like. ***To cause new results in your life, you will need to choose a new response that produces a positive feeling.*** Use all that you have been learning and all of the material you have read to find something that will help you to turn away from the negative and to the positive. In some cases being more positive is

just to get yourself to neutral, to a more comfortable and soothing frame of mind. Perhaps you just identify with the truth of who you are and the laws. This can really break the old pattern and allow you to reach for a new possibility. You might want to make a short list of the things that you have learned and the exercises you have completed that quickly help you to grab your mind and turn it towards the thoughts and feelings that will change negative momentum into good feeling.

You many want to revisit the article on my website called "The Law of Attraction and Vibration Cycle" at http://highervibrationsnow.com/?page_id=1071 and / or visit the related diagram at http://highervibrationsnow.com/?page_id=1065. You may also want to print the diagram as a mental reminder on how to change a brewing negative reaction into a positive response.

There are two other articles that are setup specifically to help you turn negative feelings and into a feel good place. They are "Why Everything is OK" at http://highervibrationsnow.com/?page_id=1368 and "Using Your Emotional Guidance System" at http://highervibrationsnow.com/?page_id=1431.

Questions

1) Why is it never helpful or accurate to compare yourself with another?
2) Why is it important to recognize how much momentum a negative belief has?
3) What does it take to slow down negative momentum and turn it to positive?
4) What is a good way to know that you are not in a high vibration?
5) What is the value of maintaining a high vibration?

6) What is an effective way to put yourself in neutral and a soothing frame of mind when you are feeling negative?
7) What is the value of turning away from negative energy?
8) How can you use negative feelings to help you?
9) What is the process to turn a negative feeling into a positive?

MODULE 3

Taking Charge of Your Life – Your Vision

Introduction

At this point in the program, if you read all of the material, did all of the exercises and answered all of the questions,

You would have a solid understanding about who you are as a human being and the natural laws that govern all of life. If you need a refresher on this information revisit my articles “The Missing Pieces” and “Why Everything is OK”.

You would understand that the only reason you do not live the qualities of your source self and follow your true path of purpose and desires is because you have unknowingly accepted, at a very early age, faulty beliefs about who you are as a human being and how life is to be lived. It is these faulty beliefs that cause you to either be unsure of what you want for your life or have you making choices, usually out of vulnerability, insecurity and uncertainty, that take you away from your true path.

You would understand what a belief is and why your life is about your beliefs (not your wants).

You would understand the process to activate a new belief and make it dominant so it becomes the vibration that causes what is attracted into your life.

You would understand the connection between your thoughts, feelings and beliefs and what occurs in your life.

You would understand and know how to turn away from negative thinking and turn to thinking that produces high vibration feelings.

You would understand that to sustain your thinking in high vibration feelings is what causes good “things” to happen spontaneously, serendipitously and out of blue. Also that it is the “things” that lead you to the realization of your desires.

Now that you have the foundation of

- who you are as a complete human being
- how the laws that govern life work
- how to generally operate yourself in a high vibration life and
- the life you want to live

Module 3 will help you do the following:

1) Specifically identify your natural gifts and talents as well as your passions, desires and interests; the things that cause you to really get excited. When you use your natural gifts and talents to do the thing you love to do, you will do great work. In fact it won’t even seem like work, it will be more like fun and play. Using your natural gifts and talents to do what you love is what causes you to authentically and effortlessly live in a high vibration mind set. Living in a high vibration mind set is of course is the foundation for living life in alignment with

source and therefore realizing (manifesting) a life of complete fulfillment.

2) More clearly define the desires related to the life that excites you. The more precisely you know what you want, the more precisely you will attract what you want.
3) Plant your desires in your subconscious mind by holding complete expectancy of their manifestation in vivid detail. It is like planting seeds, if the seeds you select are not properly placed in the ground, the resulting crop will leave you dissatisfied. To get what you want, you need to take care when planting.
4) Nurture your desires to fruition by sustaining focus on your desires and high vibration thought-feelings as you have learned in Module 2. When you do this, it's like keeping the ground fertile and giving sun and water to the seed, this supports its growth. But be very aware of negative thought-feelings, they are like weeds that steal the nutrients from the seed.
5) Take action in this vibrational universe to receive what you have attracted. What does it mean to take action in a vibrational universe? It means that your actions are inspired actions versus forced actions. Essentially the attraction process is a combination of your vibration drawing what you desire towards you while you are acting with inspiration to move towards your desire.

What seems to be the biggest issues in getting the life we want is 1) to trust it is unfolding, 2) maintaining patience while it unfolds and 3) being OK to act on inspiration rather than feeling the need to act to make things happen. As you have seen from Module 1, it's pretty easy to describe what you want in your life. And quite frankly, even if you can't put your finger on what really excites you, your life experiences, the ones you didn't like, they

caused you to ask for what you do want. And once you send the request, consciously or unconsciously, the law of vibration takes care of orchestrating everything to make it available to you. What's left after that is for you to maintain the vibration that matches what you want. It sounds easy but as you have seen from Module 1, we have learned to practice attracting what we don't want through our faulty beliefs which keep us in a low vibration; not equal to what we want. In Module 2 you learned what it takes to practice the vibration that will attract what you do want. ***To realize the life of your dreams is really about practicing the vibration that will allow it to come into your physical experience.*** Therefore Module 3 will continue to help you with how to master this practice.

If you have been applying what you have learned in Module 2, you should notice things in your day going smoother, easier, things working out better; experiences just more pleasant and "good" things showing up. This is simply what happens because of the law of vibration. The higher your vibration the better your life experience because you are attracting things that are equal to that high vibration. To put it another way, you are experiencing things that are on the same frequency as you are on. When you give focus, attention and intention to specific desires while in a high vibration, that is when you start to experience the exact life you want. This is what will be covered in Module 3, more specific high vibration thoughts and feelings.

Clarity, patience, trust, repetition, and expectancy as you have seen and will continue to see are very important ingredients in the process of attraction. Like planting a seed, you have clarity about the crop you want to produce. Once you plant that seed you must trust that it is growing even though you cannot see it grow. You must have the patience to let it come to fruition on

its own natural course, knowing it will. You also must be repetitive in your nurturing of that seed to foster its growth, all the while holding the expectancy of harvesting a full crop. When you put all of the ingredients together, like baking a cake, you simply allow the heat of the oven to nurture those ingredients into the end product that you desire. However, if you keep interrupting the heating process the cake will not be allowed to become the end product you desire. All you have to do for that cake to bake is basically stay out of the way of the heating process. Negative thoughts would be synonymous with opening that oven door. ***When you hold negative thoughts you are interrupting the process to attract what you want into you life.*** All you really have to do is maintain a high vibration and your life desires will unfold into your experience just like the oven will bake that cake.

As you continue to learn about and practice high vibration thinking, you must always be aware that your old beliefs can interfere with the new positive momentum you are practicing. It will be vital to your progress to keep turning away from any negativity that flares up and you can be sure that from time to time there will be triggers, stimulus that will call on those old faulty beliefs. The more momentum you give to your new thought>feelings (creating new beliefs), the less you will find the old ones flaring up because your lack of attention to them will cause them to lose power. Over time your new high vibration thinking will become dominant and when it does it will become the vibration that causes what is attracted into your life.

After you complete the program what you will realize is that you have learned a new way of using your mind – one that will attract more of what you do want and less of what you do not want. That being said, like

anything new you learn, the more you practice the better you get at it and the easier it is. For this reason, in Week 19 I am giving you a virtual instrument panel to monitor your effectiveness in using your mind. It is similar to an instrument panel in a car where the gauges and lights let you know how effectively you are operating your vehicle and how well your vehicle is operating. By using this monitor system in Week 19, you can see how effective you are in each area of mind mastery and make adjustments when needed before you cause yourself to attract what you don't want. To help you increase your proficiency in any area of mind mastery, there is a summary at the back of the book that groups all exercises throughout the program into their area of mind mastery. You can use this to help you get focused practice on any area of mind mastery. Further, as you have seen throughout the program, each exercise is identified with the mind mastery area it pertains to. So if you grouped your exercises as recommended you will have a very easy to access mind mastery tool box.

Essentially, this book is your life time guide to maintaining mind mastery, high vibration and therefore taking charge of your life. If your life is going along exactly as you like, then you must be using your mind effectively, however, if something is not quite as you like, you can use the monitors and exercise groupings to tune up your level of mastery and return to intentionally manifesting the life you desire.

Questions

1) What are the two pieces of knowledge that will give you confidence that you are the creator of your reality?
2) What is the biggest reason that causes us to attract things into our life that we do not want?

3) If you plant seeds of any kind in the ground and then forget about them, what can happen? How does this concept lend itself to attracting your desires?
4) What can you do that allows your desires to manifest most easily?
5) What is the biggest reason that we do not get out of life what we want?
6) How is baking a cake similar to attracting your desires into your life?
7) Why is it important to understand the concept of momentum with respect to what you attract into your life?

MODULE 3

Week 14

Waking up to Your Purpose and the life you desire – Identifying the type of farm you are running

This week's topic is so foundational, in terms of you taking charge of your life, that it has more material than the other weeks. Module 1 started connecting you to the truth about yourself and this week will firm up the foundation of who you really are. As you know, any structure will only be as good as its foundation. A thorough understanding of your foundation will help you to know that if you keep doing the work in this program, keep training the faculties of your mind, you will get the results in your life that you want. Think of your mental faculties as muscles that have not been used in a long time. It takes time to get them back up to speed and then through regular use they will be there to support you.

As you have read in this program, given our education, it's virtually impossible for us to really know the truth and totality of who we are as a human being, why we are here on this planet, and the truth about the way life is really supposed to be lived? In Module 1, we started to peal off the layers of faulty beliefs that have caused us to have an erroneous view about who we really are and what human life really is. We also started to open the connection and understanding of who we really are and our relationship with the universe. This week we are really going to focus on completely connecting with the totality of who we are and getting the parts of our total

self back into alignment. This means getting our physical self, our conscious and subconscious self in alignment with our source self. Source is the root of our being and being in alignment with source is what will allow you to live the life of health, happiness and harmony that you came here for. The remaining weeks of the program will build on what you have learned so far, giving you the complete know-how in terms of using your innate power to live the life you desire. In other words, you will have all of the knowledge and means to master your mind and therefore take charge of every aspect of your life once and for all. ***The degree of success that you experience with this program will be directly proportional to the degree that you practice what you are learning.***

The Natural Unfolding of Life – Self Alignment

If you look at the natural world, you will notice that every living thing innately has the urge to express, evolve, and to seek more life. But this urge is not without order or in isolation; everything must work together for harmony like a well rehearsed symphony orchestra. In order for this to happen, every "thing" must express its uniqueness; humans, being one of those "things". Think about the symphony orchestra; in order for it to deliver its beautiful music, each person must sit in their seat, with their instrument and play their piece of music; so it is with nature. Each person must use their natural gifts and talents, express their natural urges and passions, and continually allow their creativity to flow in order for there to be harmony in the symphony of humanity. When expressing what we feel great desire to express, we naturally feel good and therefore live in a high vibration. This perpetuates a rewarding and fulfilling life in all ways. When we live a life of expressing what really gets us excited and enthusiastic, it will also cause us to live our greatest purpose, and that is to live in the

service of others such that we are all feeding into the growth and joyful experiences of each other. When we all do this, it creates fulfillment and harmony for all – a beautiful symphony of humanity.

As humans, when we are in tune with our natural urges and we express them in our physical life, this is alignment. To put it another way, when our conscious and subconscious self are in agreement with the qualities and perspective of our source self we are in alignment. You can view a diagram on my website called Self Alignment at http://highervibrationsnow.com/?page_id=1417. This will give you a pictorial insight as to our total self and what it means to be in alignment.

Having natural urges, passions and desires does not mean that we have a very specific line to follow through life in every aspect; it is simply a direction that allows us the greatest expression of our natural creativity, talents and skills. Our internal driven, heart felt desires, interests and urges are our source self letting our conscious self know what expression will feel most satisfying and pleasant to us. You do of course have free will to work with these dreams and desires in a way that is of benefit to you and every one that you are involved with. Although we do have free will, it is important for us to use it in a way that keeps us connected with our purpose, those things we feel great passion for. This will make sure we keep our vibration high, and this is important, not only for our life, but it also affects everyone through the collective vibration. So this notion of living in alignment with our source self is quite important to the quality of our life and life for all on this planet.

If you think about the “spirit of life” you are born with, you were ready to start expressing, exploring and discovering right away. You quite quickly learned to crawl, then you learned to walk and wanted to explore even

more, you wanted to experience everything you could get your hands on. Were you told to do this? No, this is the natural course of growing, expanding and expressing the qualities of your source self. This is the very beginning of expressing ones true self and feeling for what interests us, how we will use our gifts and talents that excites us. As we continue to grow, there are “things” that we naturally are interested in, have an aptitude for, have a tendency to and catch our interest. We have a desire to explore and experience these things. This discovery process is the natural way for us to continue throughout life as it allows us to continually express our self and unfold along our natural path, experiencing increasing levels of satisfaction while giving more to others.

Nature gives us a good example of how easily and effortlessly that life is meant to unfold. If you watch a flower grow and bloom, it simply unfolds without stress or strain, worry or fear, it simply flows to its natural expression. We too can experience this same unfolding, all we have to do is stay in alignment by following our heart.

The Unnatural Unfolding of Life – Self Misalignment

Unfortunately, due to the missing pieces of life knowledge as you have read in my article “The Missing Pieces”, we have taken on erroneous, limited and faulty information from the many influences in our life. This faulty information, virtually starting from the day we are born, has taken us away from who we are as a total human being, our innate faculties to direct our life, the laws of the universe that support our success and our reason for being here on this planet. For that reason, we have no concept of what living in alignment means in general, but also what it directly means to the quality of our life.

In addition to our preschool influences, our school systems also do not teach this life knowledge so unless we seek it we are left to figure out and live life using only a very small part of our total intelligence and abilities. To further compound the damage of the missing and faulty information, our desires to explore the things of interest and excitement are often ignored, minimized or just plain shut down in exchange for what we “should” do or “must” do. Our spirit starts to get put in a box at a very early age of life before we have the knowledge of what is happening. By the time we are old enough to do something about it, for many, the conditioning has such a grip on us that fear keeps us from connecting with who we really are and therefore keeps us away from our true self and our true power to live the life of fulfillment we came here for. It is a paradox of major proportions.

By age 10 we are well on the way through a one size fits all school system, rigorously taught to conform to our cultures of home, community and country, and relentlessly subjected to the beliefs and behaviors of others that are usually far from helping us identify with who we are. They are simply missing the life knowledge and therefore tend to lead us down a path that is not in alignment with our true nature. This has the effect of causing us misalignment, to some degree, with our source self and purpose, and it loads us up with faulty beliefs about who we are and how life is intended to be lived. By age 18, having all but lost touch with source and emotions as our guidance system, we have virtually lost our inner compass to navigate life. We are not really sure what direction to go and try to figure out the “right” way which is based on all of the faulty beliefs. We surge ahead making decisions and doing things on the basis of what someone else wants us to do, or what we think we should do (based on some outside world influence such as money, the economy, or something that will guarantee our security or at least something that will pay the bills until we figure it out).

By the time we are a young adult, for so many, every decision we make is more or less influenced by some sort of fear from the faulty beliefs we unknowingly recorded. We tend to look at life with a scarcity mentality and this leads to feelings of insecurity, vulnerability and uncertainty. On this basis, we look at the world around us to see how we can secure our life and money tends to be a major driver for our decisions or at least some level of influence. Choice of education and career are more motivated by how it can provide for us rather than how it will fulfill us emotionally and psychologically. We think that working is the way to get money and the better the job or the more hours we spend, the more we will get, the more secure we will be, and the better life we will have. We do this without recognizing the cost it imposes on our alignment and therefore the quality of our overall life.

After we secure our money flow we then move on to other assets and life experiences that are supported by that money flow. Our life unfortunately becomes like a house of cards, because our foundation is not rooted in alignment with our true self but in a false sense of security we get from outer world conditions. But fame, nor fortune, education or any other outer world status can cause us to be in alignment, alignment must come first, and then the things we experience are sitting on a solid foundation.

As life goes along we simply get to the point where our decisions are made without consideration of our true power, our natural gifts and talents, our passions, and the laws that govern us. That has to tell you that no matter what road we take it’s virtually impossible that it’s the one in harmony with our true spirit. That in turn tells you that we are going to be holding on to some low vibration emotions because of a lack of fulfillment. This then leads to the attraction of low vibration experiences. Those experiences

come in the form of career dissatisfaction, broken relationships of all kinds, financial issues, health matters and more. They may not come right away but sooner or later, a perpetual low vibration is going to draw unsatisfactory conditions into your life and if the low vibration persists, the conditions will worsen. At that point we start looking for a solution, but what we find is that many of the systems that are supposed to “fix” peoples lives don’t work. They don’t work because they attempt to fix the dissatisfying circumstance rather than the cause for the dissatisfying circumstance, and that cause is that we are in a state of misalignment with our true self. You could also say that we allow ‘what is’ that we don’t like to be the center of our focus and dictate our thoughts and feelings and therefore our vibration.

To the degree that our physical life is out of alignment with our source self, it tends to affect various parts of our life. Unfortunately we don’t make the connection between what is not working in our life and our degree of misalignment. Again, as we attempt to “fix” these areas of dissatisfaction on the outside we have little success because they are the result of our own misalignment. The only way we can “fix” our unsatisfactory life circumstances is through returning to alignment. Working with circumstances to fix them will only ever be short term, frustrating and disempowering. The unwanted circumstance is simply the manifestation of the low vibration we feel from living out of alignment. Once we realize this then we realize that there is only one place we can go to improve the quality of our life.

What we absolutely need to realize is that what stops us from following our heart is the fear generated from the faulty beliefs. For example, if you wanted to open a business, notice how that voice in your head can come up with so many reasons why it is a bad idea, why it won’t work, what if … fill

in the blank. If you really have a passionate desire for a business you want to open there is no good reason you cannot attract everything you need easily and effortlessly. If you live by the natural laws that you have read about in this book and apply your innate faculties that you have learned about and how to use in this book, then you attract accordingly and your life is simply a natural unfolding of everything you desire. There are no mysterious forces going to destroy your plans. The only thing that can destroy your dreams is your faulty beliefs which lead to fears of all kinds. When we allow fears to be the dominant focus; then of course we attract the very thing we fear, but it was just a choice, albeit one because of a lack of knowledge and truth. When you do allow fears to interfere with your dreams and desires you may even get people that show up to "rain on your parade". They of course are not really raining on your parade; they are only a manifestation of the fear in your vibration. Yes, they are vibrationally telling you what you are telling yourself and it can be annoying and unnerving if you don't see it from a vibrational point of view. ***If you do however, look at everything as vibrational feedback, you can simply detach from any situation with the understanding of what it is and actually be grateful for that insight to your vibration.***

In Week 3, you listed what you believed about certain aspects of life. Now you can see why it is so important that you rephrased them to support you rather than continue to allow them to redirect your feelings to what you don't like and sabotage your life, which they do so effectively. Remember, the rephrasing of a belief alone will not displace that belief; you need to do the daily practice of new thinking and feeling until they create that new dominant belief. When that happens, the new dominant belief supports the vibration that causes what is attracted into your life.

To illustrate what happens when you do not live in alignment with your source self and purpose, picture yourself shining a flashlight against a wall in the dark; you see a beam of light on the wall. Now take a piece of glass 6 inches square and place it so that the light from the flashlight shines through it and hits the wall. What do you see on the wall? It will be the same light image as you seen before you put the glass in place. Now without completely shattering the glass, imagine just putting cracks in it such that the surface is distorted; it is no longer flat and true. What does the light look like on the wall now when you shine it through the glass? What you will notice is that the light, as it passes through the fractured glass, becomes a distorted and fragmented image of the original light. This is exactly what happens with our life when we do not live our true identity and purpose. The energy flowing through us to express our unique purpose passes through our lost identity and false beliefs just like that shattered glass. This causes our life experience to be distorted with dissatisfaction and / or pain in one or more areas just like the light beam gets distorted.

Think of being off purpose like this. It’s like being born a bear, but getting trained into thinking we are an elephant or maybe worse not knowing what animal we are at all. We try to live the elephant life or blend in with whatever herd we think we will fit. No matter what we do though, it just doesn’t totally work and it does not feel right. We find our self in places that just doesn’t give us that feeling of fulfillment. Maybe it’s the career, where you live, your social life, your fitness and activities and yes maybe even the relationships. It just depends on how far you are out of alignment with your source self. Think about it, if we are really not in tune with our true identity, how much in our world reflects who we really are. The fact is, to the degree that we have taken on a false or distorted identity, the people and things in our world will reflect this. To put it another way, to the degree that we have

a distorted self identity, this is going to cause at least some things in our life not to fit and we are going to feel the dissatisfaction of that. When there is a misalignment with our source, many things about our life experience tell us all about it. Take a look at your life, you be the judge, how are things fitting? Sure we have little victories, good days at work, our days off, and our hobbies, etc. but how much time do we spend feeling dissatisfied, at odds with others, off course and out of balance.

When we live somewhat disconnected from our purpose and source identity it closes the door to all forms of abundance proportionate to how far out of alignment we are. When we are living a life that is, in at least some ways, denying the things we are excited about, our enthusiasm and creativity is going to be decreased. This causes us to feel low vibration emotions such as apathy, hopelessness, frustration etc and abundance is only present at a high vibration frequency. We have to feel the high vibration emotions of happiness, peace, joy and gratitude on the inside to get to the frequency of abundance and experience it on the outside. The abundance channel is a high vibration. Living in a way that does not suit our identity is like shoving a square peg into a round hole. Is it any wonder why we just can’t get our life in balance? No matter how hard we work, how pleasant and kind we are, things just don’t feel good inside and this affects our sense of fulfillment. Really think about this. If you are getting up and spending the majority of the day feeling “bad” in some way about what you do, what you have, where you are, who you spend your time with or how you feel about yourself, that is a tremendous amount of negative emotional energy going into your subconscious. That energy is then returned to you, through the law of vibration, in your life circumstances and your body.

Essentially the further you move away from living your true identity the more discomfort you will experience, and the closer you get the better your life experience. It's just like putting your hand near a fire, the closer you get, the more discomfort, and as you pull it away, you feel more comfort. Just as nature instilled your sense of touch to protect your body, it gave you emotions to protect you from straying from who you really are. A negative feeling to the mind is like fire to the hand. In both cases nature is telling you that you need to pay attention and change something. What is important to realize is that where your body will instantly give you feedback when you expose it to something that will damage it, there is a delay between the time of holding negative emotions and that energy manifesting into a dissatisfying life experience or health issue. ***For this reason we don't associate how we feel with what we experience or that it relates to our alignment.*** When we feel negative emotions, rather than understanding what they are telling us in terms of living out of alignment with our source self, we tend to focus on the negative circumstances which cause us to keep attracting them. We do this because there is some type of fear that prevents us from moving to the life we truly want to live and because of our unknowing about how to effectively change our circumstances. Instead of shifting our vibration, we try to figure out the circumstance, that is, why we were treated in a certain way, getting someone else to change, moving to a new location, a new home, changing jobs, changing our hair style, our wardrobe or something in the attempt to "feel" good. We may use substances or behaviors to fill the void of our lack of enjoyment. The simple fact is that we can't fix the pain (by working with the pain); we can't change people (by telling them to change) and nothing on the outside will change our vibration, only our thought about what is outside can change our vibration. We can run but we cannot hide from our vibration. The only way

to change our life circumstances is to change our vibration and that happens on the inside by living in alignment with who we really are.

When we look to others or things for our happiness, whether job, relationship, money, we are simply out of alignment and we will definitely experience low vibration emotions and the related circumstances they attract.

The Heath Effect of Living out of Alignment

What happens over time as we persist in living our life out of alignment and therefore in a low vibration, is the level of dissatisfaction in our life increases. If we do not recognize this and allow it to continue, that is when our health and wellness start to deteriorate. This is nature's way of ramping up the message that we are out of alignment. Nature of course will not allow us to stay out of alignment as it needs us to play our part in the symphony of humanity. So, although we don't realize we are doing things to cause our misalignment and we don't realize the impact of holding low vibration emotions, never-the-less we cause a ramping up of the discomfort in our health because our low vibrations drive us further out of alignment and attract circumstances of an equally low vibration. This is the damage we cause our self because we do not understand how powerful we are, how to use our power and the functioning of the law of vibration. The ramping up of dissatisfaction and pain in our life will continue until we either start moving towards alignment or our body stops functioning – death of the body. Of course at that moment when you move from physical to non physical, you return to the pure state of your source self. One way or another nature helps you to get back to source alignment, either you will decide to do so in your physical body or you will do so by causing death to

your body because of your defiance (intentional) or ignorance (unintentional) to move back towards alignment.

Pain in your body is like what happens when you hit the wake up bumps on the side of highways. If you fall asleep while driving your car and start to veer off of the road, the wake up bumps give you instant feedback to wake you up so you get back on the road instead of crashing. This is the same thing your body is doing for you to help you get back to your true identify and purpose before your life crashes. ***Your body does not need to be fixed, it needs you to fix your alignment with your source self.***

Because of our faulty beliefs, when our body does give us pain or discomfort, instead of looking at what we need to do to get back into alignment, we use things like surgery and drugs to suppress what the body is telling us. How totally absurd it is to “fix” the body. It’s like cutting the wires to the smoke detector alarm as a solution to stopping it rather than finding the reason that set the alarm off in the first place, and fixing it. Any man made solution does not work unless it, in some way, inspires a change in the way we see life or our self that in turn causes us to shift our vibration. Sometimes we need to engage short term outside remedies to help us but they should always be viewed as such while we change the cause. In fact each prescription drug container should say “for temporary use until you shift your vibration”.

If anyone is serious about correcting a health issue they really need to work at it from the perspective of vibration and alignment. Once we know and trust who we really are, it inspires us to make choices about how we will spend our days in a way that will give us high vibration thoughts and feelings. This moves us back into alignment, and a natural consequence of being in alignment is health because at source we are healthy. It is only the

choice of denying our self the expression of our purpose that takes us to a low vibration that in turn interferes with our health. If you think about your body pain and discomfort as an alarm system, once you feel good the alarm no longer needs to sound. It only sounds when you are thinking thoughts that cause you to feel low vibration emotions, and the only reason you have those low vibration emotions is because you are denying yourself the thoughts that are in alignment with your source self, the thoughts that will produce the feelings that will attract to you, the life you came here to live.

Returning to the Natural Unfolding of Life – Self Alignment

All the while we are living this “man made”, “not sure where I fit”, “who I really am” life, our source self continues to call us back to our natural path and expression through little pockets of excitement, day dreams, wishing for something better. Depending on how far off path we are and how many faulty beliefs we are buried under, we may or may not be aware of these callings. Another way to tune into your source calling you is to take stock of yourself. You will find you have strengths, talents, urges and desires that all point to this calling. The statement “follow your heart” is really a statement that describes the urges you feel as a result of your source wanting to express a purpose through your physical life. Having the faith and trust to flow with these natural “callings” is when we really start to experience the fullness of life. However, if we do not have faith and trust to flow with what is calling us, we will experience low vibration emotions. This is due to the dissatisfaction of living a life we don’t feel at peace with, and this causes an increasing attraction of what we don’t want and what does not feel good.

Once you do start living your purpose, that is, using your gifts and talents to express your passions, you are going to have a natural feeling of joy (alignment) but until you do, you are going to feel some level of

dissatisfaction, stress and lack of balance. You must realize that you can never work hard enough or long enough at anything to compensate for living out of alignment and the unhealthy feelings that come about because of it. Uneasy feelings are your signal that you are out of alignment and the only thing you really need to know is that it is time to get back into alignment. To do so, you simply need to fan that flame of passion within you by identifying what it is and then, no matter where you are in life, find a way to feel good and move towards it. In feeling good you will raise your vibration to the frequency of what excites you and you will find “things” happening to move you towards it. Module 2 helped you with several ways to feel good, in this module we will continue to work on that. We will also be working on fanning that flame within you.

The true test that you are living in alignment is not only that you are fulfilled, but that you are serving others. This is the design of nature to support balance, harmony and increase for all such that there is evolution. That may not be obvious given the way we have treated each other over time but on the other hand, the fact that we have not completely destroyed our selves, and the quality of life is slowly increasing over time supports this notion. With this in mind, others need you to live your purpose so they can be served in the ways they want and need. You need others to live their purpose so you can be served in the ways you want and need. In a world where we live in alignment, everyone is feeling fulfilled, serving one another, living with a high vibration and enjoying abundance in all of its forms. This is nature’s formula, and it has the law of vibration in place to support it and to ensure a continuous state of growth in the universe. In other words, construction is natural; destruction is a choice that humans make in the absence of life knowledge. This formula makes sense when you think of it in terms of the symphony orchestra; if a player started playing a

different instrument or sat in a different place or played an out of tune instrument or played a different piece of music, imbalance in the symphony would result in an unpleasant sound. Imbalance in human life means turmoil in terms of dis-ease, wars, conflicts, economic issues, various dissatisfactions etc. This is counter to the natural impulse of the universe for expression and expansion of life and so the law of vibration motivates us to continuously be aware of our level of alignment through our feelings about what is going on in our life. We feel pleasure when in alignment and pain when out. The pain motivates us to return to alignment and one way or another we will. As indicated previously, we will correct it in our physical presence or we will return to non physical to correct it.

Can you see how learning the truth about who you really are, the truth about the laws of nature changes your view about how life is to be lived? Can you see how it enables you to stay in alignment with your source self and in alignment with your dreams and desires. Can you see how it enables you to choose the vibration that connects you with all that you want instead of letting the conditions of the outer world set your vibration and give you more of what you do not want. Not knowing the truth about who you are comes at a high price. For example, without the knowledge, we have come to live in a world of competition, feeling the need to “get” things before they run out or someone else “gets” them. It also causes us to compare our self to others, to be better, faster, and stronger but this is all erroneous thinking and nothing to do with nature. Once we have the knowledge, we can know that competition and all that it brings is completely unnecessary. We can live from a creative mode knowing that there is unlimited abundance for all, that everyone is unique and that everyone has a birthright to a fulfilled, peaceful, enjoyable life. All that we really need to be

concerned with is knowing what excites us and then, using our gifts and talents, express it.

It is really vital for you to grasp the truth of who you are because this will diffuse fear; fear cannot exist where there is truth. Fear is a major reason that keeps us from regaining alignment. This is such an important point because so much of our life decisions come out of fear and fear is such a low and therefore damaging vibration. There is no greater certainty than the life that you will experience when you live life in alignment with source and in accordance with the laws of vibration, expression, and increase. Nature supports us infinitely better than any bank, business or anything else. Understanding the laws gives us the trust, faith and confidence in believing in things that we cannot yet see in our physical world. This enables us to forgo the constant effort to make sure we have enough, to secure our position, to lock down our assets. Why would this be necessary in a universe when you can attract what you want, when you want?

This week we want to take off that costume we have probably been wearing for a long time and emerge as who we really are, get back to our true identity and understand our purpose. We want to get a crystal clear picture that really resonates, I was going to say “with us”, but really it’s the picture that resonates “in us”. What would we be experiencing that would really make our heart sing. What picture do we see our self in? Not one that we really need to be reminded of, or one that someone else thinks we should be in, or one that we are in because of a fear but one that captivates us in the mere thought of it. If you close your eyes and clear your mind of everything and just think, what would my dream world look like and why, who am I, what am I doing and why, who is in my life and why? The why is a self check that you are really feeling this from the inside and not allowing the

outside world to lure you into a short term desirable image or one based on a distorted sense of self? What you really want your life to be about can be captured by an image that brings out an all consuming feeling like that of falling in love. Are you in love with your life? What would it take for you to be in love with your life? Your true self and purpose is your treasure, it is your light that you came here to shine and when you do not let it shine, it will affect the quality of your life in various ways and the lives of others as well. It is your first and foremost job to find this treasure, without it, any number of areas of your life will not work, with it, everything can work.

You can now see how vitally important it is for you to understand the totality of who you are as a human being and your relationship to the universe; the quality of your health, your relationships of all kinds, your family life, your career and everything else depends on it. That's pretty important so let's get started with this weeks exercise.

Exercise 1 of 1 – Finding your true identity and purpose

Mind Mastery Area 1

Over the next week you will be clearly identifying your purpose and true self. Write down your strengths and talents, and what you can see yourself doing to enjoy using these strengths and talents. Also, how could you use them to serve others. To help with this, write down your values and interests and anything that anyone has ever told you that you are good at or you felt that you are good at. Also anything that others indicated or you felt that you are well suited for, any recurring themes in your life that seem to be a message and a fit for you. If you can remember feeling deflated over something you were excited about or interested in, that could be a sign that something was important to you and emerging (at any age). That could be a

sign of something to do with purpose, with expressing your gifts and talents. Use it to your advantage and write that thing down.

There are all kinds of ways for you to home in on purpose and your true self. For example, if you find yourself envious or jealous in any way, you can use this to your advantage. These things can be indicators about things you are interested in or want to do. Once you get the gold nugget, you will quickly want to release those thought-emotions on the basis of the work you have done up until now. In fact, anything that you have a strong feeling about, investigate it, check if it might reveal something about your inner identity. What are the things that make you get out of bed everyday with zest and leave you fulfilled at the end of the day for a peaceful nights sleep, and looking forward with zest again the next day? What would really make you jump out of bed and do the happy dance? Is it about doing something, visiting somewhere, moving somewhere, obtaining something, studying, engaging, serving in a new way, contributing something different, travelling etc. And why, the why is so very important because it will link you to a fire of passion within you where the thought of doing that thing will light you up, not just a quick light like a match but a long term light like a light house.

You also want to be aware of your creativity. What natural creative ideas come to you. In what areas of life do you find you have natural creativity, ideas just seem to come into your mind without any effort. What ideas do you get excited about? You may also think about this as daydreaming. What are those dreams you get lost in? You actually have those for a reason and you really need to bring them out, listen to them, let them have life, they are seeking life through you. We often think to find our dreams but when you catch your dreams finding you then you know you are on to something.

When thoughts of doing something just seem to dance into your head and give you a feeling of joy, pay attention to this. That does not happen for nothing, that is a signal for something for you to express with your gifts and talents.

You can also go to a site called http://www.authentichappiness.sas.upenn.edu/Default.aspx and there are many questionnaires that can help you to feel around for the things that resonate with you.

What have you done in your life that you really enjoyed, what have you done that you really did not enjoy. What jobs have you worked at and why did you start them. Which ones felt good and why, which ones did not and why? These things can give you really good insight as to your true identity and purpose. How about school, which subjects most interested you, which ones did not, again why? What memories about school make you feel good?

A further action you can take to identify your purpose is this, each day for the next 7 days, when you get up in the morning, first thing, ask yourself a question like the one below or some variation that captures the spirit (you may want to write this question down and put it somewhere you can see it when you first wake up. Write down your answer each day. This can bring out your purpose and passion).

What incredible and amazing thing would I love to be part of my experience today? Use your imagination; do not base this on what is happening or has happened or what your beliefs tell you can happen, or what you think you can or can’t have, but on what you can see in the unlimited movie of your mind.

Another idea is to collect pictures that represent the life you see for your self in all areas. You can collect them on a computer; assemble cut outs from magazines etc. This is a very interesting exercise and can really help your true self to emerge. In doing this exercise you will see lots of pictures and it will open up your mind to think outside of your paradigm, beliefs and the proverbial “box”. You may be afraid to dream because you think “I can’t have that” and it will just disappointment me. By this time in the program you have all of the tools necessary to deflate such a thought, if you have not firmly embedded in your thinking that you can have anything you want, you need to spend more time on the material you have covered until it is your truth. In the meantime, do your best to imagine you are sitting in the field of all possibilities, everything is open to you.

You can also use the concept of making a list of things you don’t like about your life simply as a way to help you know what you do like. If you do this every day, over time you will narrow down, by process of elimination, where you can see yourself, where you would be that feels good.

If after doing all of the things mentioned in this exercise you still do not feel any fire for anything in particular, then you can use what you learned in Week #4. Make a statement, “Show me my true place in life”, or “Universal energy and intelligence guides me to my true place in life”, something to this effect. Go to sleep with it, meditate with it, wake up with it, and carry it around with you. Give the universe a target of 24 or 48 hours, or what feels comfortable, to show you a sign. Write down the deadline date for this sign to come. The stronger the amplitude of your intention, the quicker and more clearly you will see a sign. Again, this is simply the law of vibration at work. You give your subconscious a clear and definite vibration and it will attract it to you. Further more, it is your birthright for success and the

universe supports you, constantly wanting to express this success through you. If you do not see a sign, reset the deadline; turn up the vibration (feeling). The answer will come, the deadline really is to give you a sense of anticipation and expectation; these are high vibration feelings which boosts the attraction process. It may be subtle and can come in any way, so be on the look out. You may want to even add something to your statement like, “Show me my true place in life by giving me a sign that is so obvious that it makes me laugh”. Chill out and be easy, that’s when it will come, not when you are tense and anxious, those are low vibrations. You must be in a high vibration to receive the answer because the answer is a high vibration (it feels good).

Questions

1) What is the natural urge for every living thing in nature?
2) Is this natural urge in isolation? Explain.
3) What causes us to lose touch with our identity, direction and purpose?
4) What most influences our decisions once we loose touch with our true self?
5) What do we seek once we loose touch with our true self and the laws that govern the universe?
6) What road do we follow once we loose touch with our true self? And how does this affect our vibration?
7) What are examples of things that happen in our life as a result of having a low vibration?
8) What are things you can take notice of, to help you get a full connection back to your true self?
9) What prevents us from following our heart?
10) How is a fragmented light like our life?

11) If we have things in our life that are unsatisfying and fulfilling what does it tell us about our self?
12) How does being disconnected with your true self affect abundance in your life?
13) Does working hard, being kind and pleasant guarantee you a “good” life? Why or why not?
14) Why does the universe not allow you to live away from your true self and how does it influence you to stay connected?
15) What makes it “tricky” to connect negative feelings with our life circumstances?
16) How do we typically attempt to change dissatisfaction in our life and why is it not effective?
17) What is the true test of living purpose?
18) Why is competition absurd?
19) Why can fear not exist when you operate 1) in alignment with the truth about your total self and 2) by the laws and truths that govern the universe?
20) When we start to get physical or mental health symptoms is there anything wrong with our mind or body? Why or why not, what is really happening?
21) What is the true cause of getting well?
22) What is your first and foremost job in living, why?

MODULE 3

Week 14s

Waking up to Your Purpose Supplemental Information

Getting in touch with your true self, knowing who you really are, which includes your purpose, is such a fundamental piece to taking charge of the quality of your life that I have included supplemental information to Week 14.

To be clear about what purpose is, essentially, it is your reason for getting out of bed in the morning. It's using your gifts and talents to express your passions. It's not to make money, not to please people, not to struggle and strain to survive but the thing you look forward to doing, get excited about, to being part of, to express your ideas and creativity, to have fun with; the thing that even when you are not doing it, it is alive in you, it is calling you, it never rests, and it feels good to think about it and to have it present in your mind. I heard the phrase, "forget about money and just be wonderful and you will find out how much money being wonderful brings". The fact is we are all wonderful in our own way, we simply need to free our self to express it.

To be clear about what your true self is or I could say what your total self is, you can see the diagram on my website entitled Self Alignment at http://highervibrationsnow.com/?page_id=1417. Firmly knowing all of the components of who you really are as well as your relationship to the

universe and the laws that govern the cause and effect of your life will really give you the confidence to take charge of your life. You have read about this in detail in my article called “The Missing Pieces”.

In knowing who you really are as a human being, you will understand the significance of alignment as it relates to the quality of your life. In fact, what really drives the quality of your life experience is the degree of alignment of your subconscious self and your conscious self with your source self. What does degree of alignment mean; 1) It means how much of your daily conscious life is lived with thoughts, feelings, and actions that are in agreement with the qualities of who you are at source. 2) It means the degree that you have identified with those things that get you excited to get out of bed in the morning and hold those thoughts or ones that produce the same excitement. And once you have identified those things, how free do you feel, and how confident are you to express what interests and excites you. How trusting are you to follow the road that is unfolding, leading you to your desires.

What you must understand is that you can only live in alignment by living the life that you feel compelled to live from within you heart and soul, and by choosing thought>feelings that are agreement with your source self. This is the only way you can live a balanced and fulfilling life where you experience all of your desires. Why, because only by living your passions and engaging in high vibration feelings can you sustain the frequency level of your desires. Only by sustaining the frequency level of your desires can you attract them.

When you are not living the life you feel compelled to live, you are holding yourself away from your desires, your health and your overall abundance. What is meant by this is that your desires, health, and abundance naturally

reside on a high vibration but when you live a life that is not compelling (low vibration) you will experience, to some degree, a lack of fulfillment. This will cause you to have low vibration thoughts>feelings. When you are in a state of low vibration you will not be a match for what is at a high vibration and therefore will not attract or experience it. So, the greater the difference between the natural high vibration frequency of health, abundance, desires, and your chosen vibration, the greater the impact you will see in these areas of your life.

You can only really live in alignment when you have the confidence and knowing that your life is setup to unfold as easily and effortlessly as a flower. This means knowing that if you follow your passion, you trust that your life will be OK, that you will have the resources to look after yourself and experience the things you desire. Without this trust you are very unlikely to live your passion and purpose, and instead you will do what you believe will allow you to secure your life. This unfortunately is the way most people live and the associated lack of fulfillment and dissatisfaction explain our vibrational imbalances. These vibrational imbalances explain the attraction of things we do not like and why our health deteriorates. You can see how critical it is to the quality of our life that we live our purpose. Of course to do so we must know what they are.

When we lack the knowing of who we really are and that we actually have a true path that is totally supported by nature for our success, it is virtually impossible to live in alignment. What happens then is that we tend to live in a state where worry, fear and doubt influence our decisions. This causes us stress and to go out and “make” things happen or force things to happen because we are unsure and afraid they won’t happen. In other words we don’t trust in our subconscious mind to orchestrate the details. The truth is,

you no more need to worry about your life unfolding than a flower does. Just as rain, sun and ground nutrients are provided to the flower as needed to sustain it, the support you need for your life to unfold is also provided, just by being a human, it's your birth right. If you allow yourself to think and feel in agreement with your source and live by the laws that govern the universe, your life simply will unfold as beautifully as the flower.

To really know your source self, it affords you the high level of self worth, image, love and respect that you truly are. When these self elements are in tact, it means you are seeing your physical self in a very powerful way and this keeps you in alignment. To lack the knowledge of who you really are at source, it tends to deflate your level of self image, worth, respect, acceptance and love, and that causes you to look to the outside world for them. When you do that, it means you are giving the outside world the power to control how you see yourself and how you feel about yourself, and therefore, the destiny of your life. It is virtually impossible to live in alignment when how you feel about yourself comes from what is going on in the outside world because much of what is going on in the outside world is not in alignment with your source self qualities. So if you get emotionally engaged in what is going on in the outside world, you will continue to cause yourself to live out of alignment due to the low vibration emotions from unsatisfying situations. You must choose your thoughts and feelings from what you really want your life to be about and based on the qualities of source, regardless of appearances, if you want to live the benefits of alignment.

Without an understanding of who you are at source, not only does it impact your confidence to follow your heart and live your passions but you will most likely lack the confidence and conviction needed to overcome the

faulty and fear based beliefs that are keeping you out of alignment, it is a major and serious paradox. Think about what you just read, why would you change your beliefs about how you conduct your life and then change your life by venturing down a new road if you didn't know and understand who you truly are, what your power is, and the support you have from the universe for your success. It would be just way to scary to let go of what you know because at least you have some level of certainty and security in what you have established in the outside world. Taking your life down a new road where you are uncertain of the outcome and feel you have little control of the outcome can leave you paralyzed with fear. The thought of loosing everything or being left out or not able to look after yourself … your life would have to be in a desperate state to take such a risk, unless you knew the truth, then of course there would be no thought of risk. This is the way out of the paradox; study and understand who you are and prove it to yourself. Then you are ready to follow your heart, your passions and live your desires. Those faulty beliefs can actually keep you away from the truth about who you are, they are essentially like a prison. You absolutely must put your beliefs to the test, and if they are not in alignment with your source attributes then you must displace them in order to live the full life you came here to live.

The fact is, when you allow your faulty beliefs, and what is going on around you to dictate your thinking and feeling, you are literally using your power against yourself. To clarify this point, faulty beliefs and buying into circumstances will cause you to use your imagination to picture what you don't want, don't like, and what you fear rather than what you do want, do like and have confidence about. Faulty beliefs and working with circumstances can also have you using your mental will to force things in the outside world rather than using it to hold a high vibration on the inside

to attract what you do want – which is the proper use of mental will. Faulty beliefs and appearances can have you seeking security rather than know that it is inherent in you. So there is a high price to pay for the lack of knowledge about our true self and how to use our powerful mental faculties that cause what happens in our life.

Something to be aware of is that you can be in alignment in one area of your life but be out of alignment in other areas. If you express the qualities of source self in your career then you will be very successful, however, if you do not express the qualities of source in your relationships, they will not be successful.

When we live our life strictly from the physical plane, we tend to work with circumstances, we try to change them, we allow them to take over our emotions and we realize that all in all, we are not really that effective in changing circumstances and certainly very ineffective in changing others. ***The knowledge of source self and alignment allows us to release circumstances as mere manifestations of our vibration***. Rather than something to get emotionally engaged in, we can use them to gauge our degree of alignment with source and shift our vibration as needed to regain alignment.

To illustrate how our circumstances, our vibration and our state of alignment all work together, consider the following: Let’s say you are critical about yourself and pick yourself apart. This is very much out of alignment with your source because you are perfect as outlined many times in this program. You are a powerful creative being with all of the support of the universe for your success. When you pick yourself apart you are going to feel a low emotion like unworthy, worthless, shame etc. What these emotions are telling you is that your thinking is faulty about yourself and to

start thinking thoughts that are in alignment with the truth of who you are. If you do not make this correction and carry on with being hard on yourself, the associated low vibration emotions are going to attract unwanted circumstances, equal to their frequency, into your life. It may come in the form of someone criticizing you, taking you for granted or disrespecting you. Or it may come in the form of your body breaking down but it will come, it's the way the law works to help you know that you are out of alignment. The thing is, if you are unaware of who you really are, what it means to live in alignment and the laws that govern you, then you tend to take things personally, get hurt, harbour more low vibration emotions and cause more people or your body to bring you unwanted circumstances. Between your hurt and self criticism, that is a lot of invitations to be mistreated and feel ill. The cure for unwanted circumstances and ill health is simple. Learn the truth, practice the truth and live the truth then your life and body will shine in the brightest of ways. As soon as we are OK with our selves on the inside, that is, in alignment, others will be OK with us on the outside because we will attract only people that are on that OK frequency. Be aware that if you are living one area of your life out of alignment it can start to push other areas out. Did you ever have a job you didn't like affect a relationship or a relationship that was not going well affect your performance at your job? Once there is one imbalance it can really have a domino effect so be sure to work on alignment in all areas of your life.

Sometimes when things change on the outside it causes us to shift our vibration and it looks like what happened on the outside changed our life but do not be fooled by this. The outside circumstances can be a catalyst for our vibration change but ultimately it is our choice of how we interpret things that causes the change. This is powerful to know because when things are not as we want on the outside, we can set our vibration

independently and attract what we want instead of attracting more of what is.

In this process of waking up to your true self and your purpose, I am not saying to recklessly leave your responsibilities; you are not going to wake up the next day to a completely new life. Do the work you are learning about here to connect with the qualities of your source self, this will raise your vibration and you will find your life starts to unfold as it was naturally intended to, according to your desires.

Another cause for misalignment is that we tend to get trained that financial security is our life security and so we make decisions around obtaining financial security. This of course is false security and for the most part leads us off our true path and away from living in alignment with our purpose and passions. The only true currency of life is vibration and we can choose as much high vibration as we like in every moment. When we do, we are living in alignment and when we do that, the doors of abundance naturally open. So if money has been your primary motivation for what you have been doing with your life and you find that one or more parts of your life are not as you would like, you may want to consider letting your heart be the driver using the strategies in this program rather than money and see what changes in your life.

What happens when we don’t understand that our vibration is the cause for the unwanted conditions in our life is that we often feel powerless to change things in our life. In this state of disempowerment, we look for ways in the outside world to get relief from dissatisfaction and lack of fulfillment. This is when people may turn to substances like alcohol and drugs. They may resort to gambling or other activities that artificially give that feel good. They may use, relationships, vacations and leisure time as a way to fill what

is missing or to avoid what they do not want to face. They may also experience obsessive behaviors and any behaviors that help fill the void. If they can't find a way to fill the void they may feel depressed or some other emotional condition and start taking prescribed drugs. You can see where this leads us, we have a low vibration situation because we are in a place that does not feel good, and we are attempting to cover it up with no idea that we are setting our self up to attract more of what we don't want. As we unknowingly attempt to cover up natures calling to get back in alignment, our vibration goes lower, but instead of getting the message and increasing our vibration, we up the drugs, legal or not. Now we are in a downward spin literally to our demise. It may take months or it may take years but we are in the process. All of this happens simply because we continually make choices out of ignorance of our true identity. We want a good life but our scope of knowledge about life causes us a great deal of self destruction. I suggest that you read my article called "The Missing Pieces" and any other material to connect you with the truth about yourself. Make them your Bible, your human beings user guide and your first aid kit, you must embrace the truth about who you are.

As you can now see, all of the troubles in our life, whether it has to do with job, relationships, health, finances etc, are just simply the result of a low vibration caused by our lost identity and therefore living out alignment. If you watch a person with life issues and you watch them bring their life back into alignment with source you will see every aspect about their life improve and you will see them living their desires. It's simply what happens when we live in harmony with our true nature. So when the job isn't working, the relationship isn't working, the health isn't working, what are you going to do, work on it from the outside (the effect) or go to the inside and get into alignment (the cause).

You may feel that your life is in pretty good shape, but every day you go in a direction that is not following your heart, living your purpose, and generally living in alignment with source, you are paying a price in some way. It may be small and unnoticeable at times but other times it will come out in different ways, through strained relationships, through unsatisfying work, through your physical health, or your mental health but it must come out, it does so to help you wake up. This is the wonderful workings of the universe to push you back to your true self and purpose.

Questions

1) What is the most fundamental aspect of taking charge of your life? Why?
2) Who are you?
3) What is the result of not understanding the relationship between your life experience and your degree of self acceptance?
4) How can understanding the relationship between your life experience and self acceptance help you.
5) What is the cause of people treating you in some unpleasant way?
6) How do you cause people to treat you in pleasant ways?
7) Why is change unpredictable when we seek it in the outside world?
8) Is walking away from your life an effective way to change something you do not like? Why?
9) How does the universe get your attention so you get on track with your true self? What can happen if we don't understand what is happening?
10) What do all of the troubles in our life have to do with and how can you use them to your advantage?
11) What are the laws that help you to get your life back and take charge of your life?

MODULE 3

Week 15

Preparing to Attract Your Desires – Selecting the Specific Seeds for Planting

What we want to accomplish this week is for you to identify all of the desires that allow you to express what gives you joy, what you feel passionate about.

Exercise 1 of 2 – Creating statements to attract what you desire

Mind Mastery Area 2

We are going to take your work from Week 4 where you created statements about what you want and add a little more precision to them. A crystal clear image will do 2 things. 1) It will increase your excitement (high vibration) because it will cause the 5 senses in your imagination to kick in as you see yourself experiencing what is in the image and 2) it will give a clearer picture to the subconscious mind. Between the excitement and the clear image, the subconscious really has a strong vibration to work with in terms of attracting to you exactly what you want (and the quicker you will attract it).

One thing to keep in mind is that in every day life you are constantly, but mostly unaware of, identifying what you want. How do you know this, because when you experience things you don't like, that experience can only be relative to something you do like or the way you would like it to be.

To experience what you do not like is to think about the way you would like it to be, even if momentary and with no awareness. So in this exercise we are really mining for the details that you have already established as what you want.

Look at the desire statements you have previously written down and fine tune them as needed using the information below. You want them so clear that you can describe them to someone who could draw a picture of them. That they are just like a wonderful memory you can recount in all of its detail to the point where you can feel the feelings you had when it happened. You will also want to set a target date which could be now or a future date. Just remember it has to feel believable, conceivable and achievable. For example if you wanted to take a trip in 6 months you would specify that time frame. As you write your statements, be sure that they are written in a way that says what you want but DO NOT include how it is going to happen. The law of vibration takes care of that. The universe has multiple ways that your desire can manifest and for the most part it happens in a way that is beyond your imagination. The orchestration and synchronicity or resources and components are just beyond your conscious mind logic and reasoning. So let the universe do its part and you do your part.

If you attempt to figure out how your desires will come to you, you are using the conscious mind to do the work of the subconscious mind and you will cause a delay in the attraction of your desire. Getting involved in the ‘how’ creates a vibration that you ‘do not have it’. Think about it, if you are spending time and energy figuring out how you are going to get it, you are essentially saying to your subconscious mind that you don’t have it, why, because if you had it, you would not be figuring out how to get it! When

you are attempting to figure it out you are in a vibration of not having. Your job is to find a way to keep your conscious mind in a high vibration and notice the thoughts, the ideas, the manifestations that come and then act on those.

The subconscious mind only brings to you that which you are in the feeling of having. This is why faith and gratitude are so important in deliberate attraction. Being grateful for what is in your imagination produces the feeling of having. Holding the faith that it is already yours brings it. Remember your subconscious mind does not know the difference between something in the physical world and something in your imagination, it just responds to the feelings (vibration). You must impress the image and hold the feelings as though you are experiencing it now. If you are tempted to start figuring out the how, just ask a question to yourself like how can I …, what will it take to … Not from the perspective that you want to think about the answer, but you are sending that question to your subconscious mind. You see, the question contains the essence of your attention, intention and expectation. This is the recipe that will invite the answer or attract what is needed to resolve to the answer. Those questions are as much figuring out as you need to do. You figure out the question to ask, get in the vibration of the answer (feel good) then listen for the answer and observe what is going on in your life, your answer will come to you. It's very different from what we have been taught, but if you want to master your mind and your life, you must learn to allow the conscious and subconscious mind to do their respective jobs.

If you go back to the analogy of the ship in the introduction to Module 2, to use your conscious mind to figure out how your desire is going to happen is like the captain going into the engine room and taking over the job of the

people there. Essentially the captain will only be in the way of those folks doing their job and the ship will not end up going where the captain has instructed, it will just be a situation of confusion. Use your conscious and subconscious mind accordingly. Use your mental will in your conscious mind to hold to your vision or any positive aspect or positive feeling thought about anything. All of these things are at the vibration of what you want and will allow the realization of it. Leave the rest up to your subconscious mind. It will probably take practice to get in the habit of using your two areas of mind correctly because we have been thoroughly trained to figure out (with our conscious mind) how the thing we want will come to us, but you must realize that all of the power that attracts what you envision lies in your subconscious mind; it simply needs clear and precise instructions and we give those instructions with our vibration; our feelings.

Be very mindful when fine tuning your desire statements, the conditioning we received can put limits on what we think we can have. Really reach into your heart and beyond all limited thinking. Don’t think about what is probable, what might happen, what you are afraid of, but what is possible, the possibility of health, the possibility of happiness, the possibility of wealth, the possibility of a fulfilling career, a house and property of what suits you etc. If you can imagine it and you will take charge of your mind as you have learned in this program then you can have it. Let your imagination sore, think big, and expect great things. Think outside of the box; take your mind out of what may have become your “normal” line of thinking. Move your mind to think of the unlimited possibilities available to you. With what you have learned so far, you now know that what you attract is simply a matter of the vibration that you plant in the subconscious mind. It’s an open field; you can think anything you want. You can set your vibration to any

frequency you choose, and it will attract the experience that equals that frequency.

To help you make sure your desire statements are as clear as can be and fully expressed, here are some guidelines.

- Be stated in the present tense (you are in the picture now, describe it like you are doing it, have done it for years)
- Have positive phrasing (gratitude and thankfulness)
- Create a feeling of possibility (it must have a feeling of being real)
- It must be believable, conceivable and achievable
- Avoid resistance (feeling the absence of it or why you can't have it - you deserve it, you are worth it)
- Resonate with you (feels natural, captures you, a purpose to realize it)
- Create feelings of eagerness, joy, expectation, excitement, enthusiasm and love
- Have a target date (create expectation) – it could be now or identified future

Basically, think about something in your life currently that you really enjoy, really appreciate and are really thankful for. Now create that same energy in the realm of your imagined reality.

If the desire statement and image conjures up resistance in the form of doubt or fear, or if you find that voice making up excuses as to why you can't have it, that is OK. Any time you reach outside of your comfort zone and beyond what you feel worthy of or what is possible according to your beliefs, you are going to have those feelings. What is important is that your faith and expectation exceeds your fear and doubt. If you find that fear and doubt are stronger, there are three ways you can address that, 1) break down

your desire into smaller pieces 2) increase your trust and faith in your power to attract and 3) identify any faulty beliefs and replace them. Let's take a closer look.

1) You can change your desire statement to one that feels more attainable, where faith and trust are dominant over fear. That being said, be sure that the desire statement causes you to move forward towards your purpose, even if a small step. If you don't reach at least a little beyond your present life you will not move beyond your present life. If you have a desire where you are feeling resistance, just break the desire down into steps and achieve them one at a time. You may not even know all of the steps but just get started on the first one and they will unfold. The step by step approach can be very helpful to reduce the resistance that comes with making a big change. Big changes can many times send you running back to the old familiar. The step by step approach allows you to raise the faulty self worth ceiling in your subconscious mind little by little until there is no ceiling at all (that is the way you were born – no ceiling). So choose a step (desire) where feeling confidence and trust is dominant and you will have started the attraction process. We will go into nurturing the process of attraction in the next week; that is, how to keep the desire moving until it appears in your physical life. Note this, if you attempt to force a desire, in other words, your fear is greater than your trust and confidence it will be like forcing your way through that faulty ceiling and you will most likely experience disappointment, frustration and give up. That ceiling has to be moved bit by bit. If you use the step by step approach, you literally move that ceiling up each time and experience a new reality. Once you move it completely out of the way, then you are open to being comfortable and accepting anything, the field of all possibilities.

2) Increase your trust, faith and belief in your ability and birth right to attract your desires. You can do this by continuing to spend time internalizing the article “The Truth of Abundance”, “The Missing Pieces”, and “Why Everything is OK”. Read them everyday until they become part of your fibre. Once they get firmly planted as your true powers and identity, your confidence, expectation and belief in your abilities to attract your desires will increase. Your subconscious will be more readily accepting of your desires and you will experience far less resistance to your dreams. Another source to help you identify with and accept your true power is a book by Pam Grout called E squared, 9 Energy Experiments That Prove Your Thoughts Create Your Reality. Two further resources are the Secret Science of Getting Rich program by Bob Proctor, Michael Beckwith and Jack Canfield and the book Psycho-Cybernetics by Maxwell Maltz. Essentially, you want to constantly associate yourself with information that affirms your true value and power, and internalize it until you have complete acceptance of it. The only cure for fear is the truth because fear can only exist where there is lack of truth, in other words, ignorance of the laws.
3) Listen to the resistance to see if it is related to an old faulty belief and if so, restate that belief to one that is truthful which would be one that is in alignment with your source self qualities. This type of belief will be one that supports the realization of your desire. See the work you did in Week 3 on beliefs.

With regard to specifying a time frame on your desire statement, notice how your anticipation increases when you put a date on it. It helps make it more real by putting a feeling of excitement and anticipation in your mind. It is like some special day coming, your expectation explodes with joyous feelings in your body (high vibration). For the most part your affirmations

will be now or by a certain date. In some cases it may just have a better and more real feel to set it ahead. Note that if the desire does not appear by the target date, it's OK, just do a self check to make sure it is what you really want and that you have enough detail, and then reset the date. As you get more comfortable with the process, you will get a better feel for setting target dates. Ultimately, the universe decides on the timing for the desire to move into form but you will sense a timing that "feels" right to you. That timing will cause your anticipation and joy to increase and this will raise your frequency to that of the desire. When that happens, it simply appears in your life easily and effortlessly. Everything in your life is there because it is a match to a frequency within you. Know that as soon as you impress your desire (consciously or unconsciously) on your subconscious mind IT IS REAL. It is there waiting for you in a vibrational format. Once you match the vibration then it starts to show up in a timing that is perfect. Following that it's just a matter of the incubation period, like a hen "sitting on the egg" until it hatches. Keeping your focus on your desire with purpose, faith, and gratitude or simply maintaining a high vibration on any topic or subject is the way you hatch your desire.

To give you further help with setting up desires statements I have listed a few examples below. There are different formats and you can pick or make up the format that most resonates with you; the one that really gives you the feeling that you are there now. You will want a format that captures the elements I have previously specified.

Examples of affirmations

You could start an affirmation something like this (notice that the underlying spirit in all of these is that you are focusing your mind on what you want, it’s more about your focus and feelings than about the words, the words are really a catalyst to get you into the imagined experience so don’t get to hung up on the words, just use ones that bring out the feelings).

I am so grateful and thankful that

Show me a way to

I love

I am enjoying

I am happy with

What would it take

I am asking

I am ready
I wonder why I have or I am

It feels great to

How can I

You could also think of someone asking you a question or being asked a question in an interview like – How did it feel to … (describe and feel the experience). This could lead you into a feeling of imagining / recounting yourself having that thing, being in that situation.

Once you decide on an opening to your affirmation, you can add to it like in the following examples:

I am so grateful and thankful that the phone is ringing all day long with new business

I love my new bicycle (describe the features).

The description must give you an image that is so vivid that you are literally looking down while riding your bike, you can see the ground, your feet on the pedals, you then look up and see the area you are riding through, looking around in the first person as though you were riding right now. Remember act as though you are and you will be.

I am happy that my body and mind feel and work great

(Perhaps physically in your world that is not true right now, but you can make it true to your subconscious mind. Remember your subconscious mind only knows what you impress upon it and if you impress health, it will find a way to make that true in your physical world as long as you are practicing all that you are learning here).

I am enjoying delivering great service to my clients (describe what that looks like. See the smiles on your client's faces etc).

I am thankful that everyday and in every way my life gets better and better and better

I am enjoying my peaceful home.

I love when my mate …

Show me a house with (list the features) and make it so easy and effortless to obtain and pay for that it makes me laugh.

I am enjoying my trip to (name the place and details as though you are doing in now) in the Spring of (name the year).

I am so happy and thankful for the immediate and complete payment of all financial obligations

To give you an example of how vivid you want to make your affirmations, let's say you were thinking about opening a retail clothing store. I could say to you, so tell me about your store. What brands of cloths are on the shelves, how are the shelves arranged, what are your store hours? How many employees do you have? How far do you live from your store? You need to see this store as though you are running it today. See yourself in the morning getting up to go to the store – imagined reality. We use our imagination all of the time in an undisciplined manner as we are not aware of the power of it. What we want to do is use it intentionally and deliberately for what we want. Unfortunately, it seems we use it all too often for what we don't want because we have been conditioned with fear based thinking and we don't understand the law of attraction.

You can also setup a group of affirmations related to a specific topic. Essentially this is what you did in Week 1. So you can refer to that exercise where you identified what you do want and use it to create your

affirmations. Groups of affirmations could relate to a job, a business, a relationship, a trip, a car, virtually anything. The group of statements would be your ideal life in that area.

Exercise 2 of 2 – Collecting supporting material for your desires

Mind Mastery Area 2
Now that you have identified and defined your desires in words, to really energize them with the feelings that it takes to attract those desires you will want to collect some images. This will give you a solid mental picture which is very helpful in the attraction process.

What you want to do is collect pictures that tell the story of your dreams. Not only do you want to collect pictures but you want to put them into a sequence that tells the story as you flip through them. This is an incredibly powerful exercise as it really ramps up your connection to what you want. Looking through pictures has a way of helping you fine tune what your dreams really look like. Also, after you have them in place … if they continue to resonate, you know you are on the right track but if not you can update the pictures accordingly. You can do this on your computer which really gives you access to countless images or you can do it by cutting out pictures. In either case assemble them into a sequence that tells a story. On the computer you can use a slide show piece of software or with physical pictures you can put them in a binder using page protectors and that way they are easily changeable.

You can also add music and anything else that will support the excitement for your desires. The more heightened your emotions around your desires and the more often you hold them in your mind, the quicker you are allowing them to unfold in your life.

Although using your imagination to “see” your desires is a very powerful way to raise your vibration to the frequency where that desire lives, it is not the only way to get to that frequency. Sometimes, we need to be careful that our thought of our desire does not lead us into thinking about the absence of it. In other words if we are thinking “when is it going to get here” or “I am lonely” etc. then we are in a vibration of not having it and that will keep it away from us. It can’t find us unless we are on the same frequency. If this happens, all you have to do is to reach for thoughts that make you feel good. If you can raise your vibration to the frequency of joy, love, peace, harmony, your desires will start unfolding into your life all the same. It almost sounds too easy, all we literally need to do is find ways to feel good all day long and presto, life flows along as we desire, easily and effortlessly. Go back to Module 2 if needed to be sure you are finding ways to feel good no matter what is going on around you. Also consult your other tools from Module 1 such as the feels good list, I am list and others. This is where these tools really help you to become a master mind by turning away from low vibration thoughts and replacing them with high vibration thoughts.

Next week we will home in on how to integrate these concepts into your day. One last thought. When your desires are truly coming out of your purpose and felt in your heart, it will really take no mental energy to have them in your mind. The biggest challenge then becomes making the choice to focus on them rather than the many thoughts that are trying to get your attention; all of those things and people in your day. Each moment on those thoughts of what you don’t want; that is, the negative, the drama, the conflicts, the fears, worries and doubts etc., attracts those things rather than the thing you want. So saturate your mind with your desires and / or what feels good and simply let go of any thoughts that are not taking you to a high vibration.

Questions

1) What is the value of holding a crystal clear image in your conscious mind?
2) What is meant by a crystal clear image?
3) Do you need to figure out how your image will come to you? Why or why not?
4) What happens when you use your conscious mind to figure out how your image will come to you?
5) What pitfall do you have to be mindful of when you are setting up your desire statements?
6) What is the value of a target date when setting up a desire?
7) What are the various desire statement formats, visualizations etc intended to create and arouse? Why?
8) What can hold you back from reaching outside of your comfort zone? What are the 3 ways you can address this?
9) What determines if you are using your imagination for what you want versus what you don't want?
10) When you allow your mind to wonder aimlessly or allow it to be engaged in negative emotions or focused on things you don't like or want, what are you causing to be attracted to you?

MODULE 3

Week 16

Attracting Your Desires – Planting the seeds

You now have fertile soil and the seeds that will produce the crop you desire, it is time to plant.

Before getting into the material for this week, let's start with the understanding that every moment, you are planting seeds, they are either seeds of what you do want or seeds of what you don't want. The law of vibration is always at work, you are always manifesting your physical reality in every moment from the thought>feelings you are holding and the beliefs they have formed. If you look at each area of your life, you will have a good idea of what kinds of seeds you have planted, and how well you have been fertilizing your soil. To say that another way, if you look at each area of your life, you will have a good idea of where your focus is and what thought>feelings you are dominantly holding on to. This week we will be working on maximizing your focus on what you want to experience in your life, that is, planting those new seeds of desire that you have identified. We will also continue to keep your soil rich with high vibrations.

In order to effectively plant the seeds of desire that will cause them to grow into your life experience, ***you need to master the use of your conscious mind, that is, be aware of the thought>feelings you are focusing on and giving attention to at all times.*** To master the conscious mind is to

intentionally hold it to the thought>feelings that are on the same vibration (frequency) of your desires. Remember, what you give attention to is what “grows” in your life or to say it another way, the frequency that you vibrate at, will cause circumstances of equal frequencies to come into your life. Casual focus on a desire or an assortment of positive and negative feelings will not sustain the vibration level needed to attract your desires into your life. Casual focus is like laying a seed on top of the ground and expecting it to grow. Sustained focus and attention is what is needed to get the seed to start growing. This is why it was so vital for you to identify with the truth about who you are, your purpose and your purpose driven desires. That foundation gives you the conviction needed to keep your focus and attention on what you want to attract into your life. When you absolutely know that your focus and attention is what causes your life experiences you will be very motivated to manage them carefully. Remember though, focus on things you don’t want and like due to fear, worry and doubt, works just as effectively to bring that thing into your life, so not only do you want to understand the power of focus, you want to be sure to use it very wisely; a fire can burn down a house as quickly as it can be used to heat it up for comfort. It’s not just what you think about, its how you feel when you think about it.

Once you have the conviction for your desires, they tend to spontaneously show up in your conscious awareness and recalling them in detail takes little effort. In fact, you will probably find that they get your attention throughout the day without you even trying. When they do show up, giving them specific attention, with feeling and a sense of expectancy, eagerness and enthusiasm can really add momentum towards their manifestation. In fact 17 seconds of sustained focus time will start momentum and cause further thoughts of a similar nature to join in and add more momentum. As

the momentum builds, “things” start happening to reflect the vibration of the momentum.

We have to be acutely aware of faulty (negative) thinking because it will lead to negative feelings which lead to negative reactions and a low vibration. This builds negative momentum which reinforces faulty beliefs and causes the related vibration to attract an equal vibration into our life – what we don’t like or want. ***When we allow our self to pay attention to what we don’t like and therefore engage negative emotions, this causes us to attract circumstances of their equal vibration to us.*** Faulty beliefs with momentum (negative thought>feelings repeated) often stir up negative self talk, destructive habitual reactions, cause us to be lured into negative outer world circumstances, and have fearful thoughts about the future and replay past unwanted or unpleasant events. These things can really hijack your mind, and make it a challenge to stay focused on what you do want, directing your focus to what you do not. In fact, once we allow those negatives to dominate our mind, we are planting and growing seeds that are not what we desire.

One of the major things that you are learning in this program is to be acutely aware of what thought>feelings you are giving your attention to. Basically, we want to reclaim some of that conscious mind real estate that may not be getting used in the most effective way in terms of getting you what you want. If your mind space is floating aimlessly or among low vibration topics such as, drama, low vibration TV, the low vibration stuff around fear, worry or doubt, it will not produce the vibrations that are needed to attract what you want. It will however produce the vibration of the things you do not want. So we want to take that space and fill it with the thought>images>feelings that you generally or specifically desire and the

thought>images>feelings that generally or specifically put you in a high vibration (feel good). One of this weeks exercises has the purpose to help you identify how productively you are using your conscious mind space. With the work you have completed in the program so far you probably have already become aware of how much more effectively you can use your thought-feeling choices and we are going to continue to increase that effectiveness.

Do not discount or underestimate the power of your old faulty beliefs to silently influence you into faulty thoughts and feelings. You may not think much about it, but at the end of the day when you look back, you might see that a very small percent of your conscious mind space was focused on what you want or feeling good or finding ways to feel good. You may realize that your conscious mind was hijacked by thoughts and feelings that came out of those faulty beliefs. If that is the case, you are giving little support to the attraction of your desires. You will notice that your results are not changing. This is where you need to continually practice using your mental will and turn to the high vibration of your desires and / or the high vibration thoughts that you have learned in Module 2. You want to maximize this practice every day so that what you are holding in your conscious mind is causing the attraction of what you want to experience.

Being a human with a physical body and living in a physical world, you will always have to deal with daily situations but remember that you do not have to get negatively emotionally involved in them. You now know that what you think and feel is simply a choice. You also know what the difference is between choosing low vibration emotions rather than high. ***Is there any outer world situation so important that you will indulge in negative emotions at the peril of your dreams.*** Is there any outer world

situation that is so important that you will hand your power of choice of feelings over to it, and therefore your vibration and what is attracted to you. ***Will you let the outside world be responsible for what is attracted into your life, or will you take charge of your power of choice to produce a new vibration that will produce new results.*** To illustrate the power of choice see the diagram on my website at http://highervibrationsnow.com/?page_id=794 called "The Power of Choice"

Another way we can nullify our vibration to attract what we want is when we allow our thoughts to bounce between what feels good and what does not. When we do this we are essentially creating a conversation with our subconscious mind that goes like this, "I want that", "no I don't, I what this", "no I want that", "no I don't, I want this" and so on. The result of bouncing between negative and positive emotional energy is that we are constantly canceling the attraction of what we want by allowing self talk and circumstances to divert our focus to what we don't want. Consequently, we do not reach the vibrational frequency that our desires are on so they will not drop into our life.

As you practice repeatedly turning away from negative thought-emotions, and intentionally choose to focus on the thought-emotions related to a high vibration life, little by little, you cause new dominant beliefs that support your wants and therefore your wants will start to be what you attract. If you hear that voice saying "where is the money going to come from?" or "I can't because … ", "what if …", "what will they think …" ignore it, it's the old programming, the old faulty beliefs at work. Come up with a belief (a thought to repeat) that is in alignment with the truth about who you are and the laws. This will shift you into a positive emotional state as emotion follows thought. Remember also to keep your conscious mind focused only

on what you want and let the subconscious mind take care of how you will get it. Money and anything else including other people are simply resources that the universe will orchestrate to bring your desires to physical life.

Here is an illustration to highlight how your beliefs hijack your focus and cause you to attract what you don't want. Let's say you have a glass of pure water and then you put a few drops of red dye into the water which tints it red. When you look through the glass at any object, the object appears red. This of course is a faulty or distorted representation of what you are looking at due to the red dye effect on the water; you are not seeing things as they truly are. Now I say to you, the glass must stay right side up and you cannot alter the glass in any way but I need you to make that water pure again. The way to do this is through displacement. By pouring pure water into the glass, the red dye goes away and you are left with pure water. If we compare this scenario to what happens in our life, the glass of water is our subconscious mind, the drops of red dye are faulty thoughts and the red tinted water is faulty beliefs in our subconscious mind. So looking at life through a subconscious mind with faulty beliefs is akin to looking through the glass of red tinted water, everything we experience is a representation of those faulty beliefs and our responses tend to be faulty which perpetuates the belief. This leads to a cycle of being stuck in what we do not want. With faulty beliefs in place, we are not seeing life as it really is, we are seeing it as we are, that is, as we have setup our reality according to our faulty beliefs. We react to everything in accordance to these faulty beliefs which means our reactions, our decisions and behaviors are to some degree faulty. But just like purifying the water so we can see things as they really are, we can displace faulty beliefs with truth based beliefs and see our self as we really are and life as it really is. Once we do this, then we simply respond in a high vibration to everything, and since our truth based beliefs would be

supporting our heartfelt wants, we would attract the experiences that we desire.

It would be convenient if we could just empty out all of the faulty beliefs and images we planted in our subconscious mind but that is not the way it works. The only way to do it is through repetitive displacement as has been reinforced many times in this program. The important thing to note here in terms of the glass of water, and thus our subconscious mind is this, the water color is not static, every choice you make either makes it darker red or more pure and clear. Thinking about what we don't want and the negative feelings makes the water darker, thinking about what we do want and what feels good makes it lighter. The net effect is that our life stays in pretty well the same place until we make more deposits of pure water then red dye, that is, we choose to feel good more often than we choose to feel "bad". When you choose to react to the things in your life in the same old way, you are more or less injecting more of that red dye into the glass of water which keeps you seeing things in the same old way and stuck in the same old cycle of getting what you don't want. By choosing that same old reaction, you are feeding your subconscious mind a vibration that causes you to keep that same old result alive. As long as you feed your subconscious the old life you don't like, it will give you the old life that you don't want. If you use an internet search engine to look up the story of the two wolves you will see this point further illustrated. Ask yourself, what kind of wolf am I feeding? In other words, what am I focusing my thoughts and feelings on.

As soon as you start feeding new vibrations (thought-feelings) to your subconscious mind it starts to take hold. But it is not just fleeting thoughts and casual desires that get you what you want. It is the desires that are

backed by purpose and with a solid and unwavering commitment, conviction and repetition to realize them. It is the desires that no matter what challenges you face, no matter what the circumstances around you look like, no matter what that voice in your head is telling you, you use your mental will and imagination to hold what you want in your conscious mind like you hold your hat on your head in a wind storm. This is why it is so important to strengthen these muscles of mental will and imagination and build your trust in the laws and the truth about who you are. Strengthening these muscles and building your trust is what enables you, inspires you and motivates you to hold your focus on what you want and what feels good.

Imagination is so vital in attracting your desires that I want to give some attention to it here. Imagination allows you to be “in” the life experience you want, complete with the 5 intuitive senses and right now as though it was really physically happening. In fact you can use your imagination to play a memory or something imagined in such a way that you could bring tears to your eyes. In other words, your body is reacting as though that thing is really happening. The feeling of “now” is very important because it is what generates the feelings of gratitude and excitement. These feelings cause a vibration that put you on the same frequency of the thing desired. Once you achieve the same frequency, then that desire shows up in your life, virtually out of the blue.

We come to believe that physical reality is reality, but it is not true reality. Living it in your mind is reality, reality is vibration. Vibration causes the manifestation of physical reality. If you desire a bicycle, don’t just see the bike in your mind, be on the bike riding it, feeling the joy of riding it, and visualize the complete experience, right down to reaching for the water bottle to get a drink. This is called imagined reality or imagined

experiencing or you could call it virtual reality. When you have repetitive strong joyous emotions coupled with this kind of detail, along with expectation, you are setting yourself up for this specific attraction. But note this; if you think of your desire as something that is coming, something you will get, what you are most likely transmitting to your subconscious is that you are not ready for it yet. If you do not see and feel yourself in the picture (in your conscious mind), your subconscious mind is not receiving the needed instruction to put you in it. In other words, if you don't see and feel yourself in the picture then you are not at the same frequency level of that picture and you won't experience it. When something has the feeling of being "out there", it typically does not have the heightened level of emotion that it is yours and you are not on the same frequency. That means you have no match to your desire and therefore it will not show up in your life. When you feel it as now and have gratitude, your feeling is going to be at the vibrational level of happiness and that is the sustained vibration that will allow it to come into your life.

Last week we talked about setting target dates with your desires. Remember, the date is only to create enthusiasm and anticipation to ramp up your vibration for the manifestation of what you desire. You must know that as soon as you hold the image as now with attention, intention and expectation, it is reality, it is a vibration. The only thing that has to happen is for you to sustain that frequency so it can move into your physical world. The date only describes the time to move into form. It's like ordering a book online, once you order it, the book is yours, all that is left is the delivery time. You expect it at a certain date but don't think about the process by which it will show up at your door. It may be a day early or late but you know its coming.

Be sure to give attention to all aspects of your life, remember that you can be in harmony in some parts of life but not others so it is important that your desires and focus include complete balance.

Exercise 1 of 2 – Giving momentum to the attraction of your desires

Mind Master Area 3

You want to have as much of your mind time, all day, every day, in a place that feels good. Your desires, if they capture the spirit of passion and purpose, they should definitely be a place that feels good. There are many other thoughts and activities that can cause you to feel good as well. You would have listed those on your feels good list from Module 1. The more focused time you fill your mind with what feels good, there is less time for low vibration feelings. This means you are allowing yourself to be at the frequency of your desires. When you think of something you want, I mean really want, it naturally feels good, it makes you feel the high vibration emotions of happiness, joy, excitement, love, peace. So when I say "increase your vibration to the frequency of your desires", I mean maintaining the frequency of those high vibration emotions. It is like if you throw a ball up a hill and it lands on a ledge. The only way you can get it, is to go to that level. The throwing part was quick and easy, now you got to do some work to climb and get to that level. Same thing with attraction, you got to get to the level of frequency of the thing you want to attract.

A very effective way to maximize your time in a high vibration, and in fact train yourself to stay in a high vibration is to take some time in the morning, upon waking and at night before sleeping, to fill your mind with your dreams and desires and really, anything that causes you to feel good. In the morning, after sleep, you have an opportunity for a fresh start in terms of what you will think about, you are essentially in neutral and you get to pick

which direction you will take your thoughts. A great option is to take some time and visit with your vision board, vision statements, and / or pictures. Read your affirmations and even write a few. Listen / watch something of inspiration or simply find an object to appreciate or write out a list of things you appreciate. After you have visited with these items, simply sit quietly in meditation for 5 to 20 minutes to allow yourself to feel your visions, and receive any guidance from your intuition about inspired actions to take. If you find thoughts that you don't necessarily want come to mind, allow them to pass like clouds rolling by in the sky and just focus on your breathing to distract your mind back into peace. There are other methods to enable this distraction as well. Essentially anything that is neutral, has no associated negative meaning or not associated with anything negative, or cannot take you to a negative place is a great distraction tool to reach that quiet silence within.

This process can really cause your day to start moving in the direction of high vibration momentum and this will cause things to flow more easily in your day, moving you in the direction of your desires. As I mentioned earlier, 17 seconds focused on high vibration thoughts>feelings will cause momentum to start and lead to more. As you practice this, you will carry it further and further into your day. Like starting to learn anything, it may not seem like you are very proficient but with practice you will improve. This is learning to master your mind, which means to master your thinking and feelings. This leads to you taking charge of your life to experience the life you choose.

You will need to keep up your practice daily because the old negative thought patterns and beliefs won't wait for long into your day to start inviting their low vibrations into your thinking and life. While you engage

in high vibration thoughts, the idea is to keep it going to gather momentum and that makes it easier to stay there. That means there is an absence of negativity in your mind. The more you do it, the easier it will be and the further it will carry into your day. ***Identify with your passion felt desires, identify with the truth about who you are, identify with the laws that support your success, identify with a universe that put you here to live a happy and fulfilled life. These are the high vibration items that will get your day flowing easily.***

At the end of the day, you can repeat the process from the morning. This is also very effective because after a day where you may have indulged in some negative vibrations and you are generally tired, you can refresh your emotional energy before you go to sleep and set yourself up for a more peaceful sleep and a positive start to the next day.

Through out the day, even if you take 60 second mind breaks to run through your visions, affirmations, or just go to a place in your mind that feels good. It will refresh your momentum, it will mean that your mind is attending to what you want rather than what you don't.

Meditation

The idea of meditation is to take your mind to a place where you can detach from everything in your life. A place you can feel no resistance to anything; that is, freedom of just being at one with the concept of an infinite field of energy, looking out over a field where anything is possible. Whatever you can imagine appears. You can make up whatever scenario resonates with you. You could see yourself walking through a portal and into a field where dreams sprout at your request or going into a den or sitting on a cloud; something that lets you detach, in your mind, from everything in your

physical life. When you do this it will cause you to relax. It may even seem a little strange at first; this simply tells you how far you have been removed from your true nature; to be in the silence with the movie screen of your mind, to record the reality that we feel is in our heart. ***Our internal recording and broadcast studio is the most important place we can ever go.*** We are beings of energy; we are unlimited and unrestricted, living in a field of infinite possibilities. ***We are a powerful creative being with the complete support of nature. Imagination is home; it is reality, our physical world is merely a projection of our energy life and vibration***. From within is where we record our desires and receive the guidance that helps us navigate to them, both intuition and emotions are our guidance systems.

In terms of really having the feeling of what you desire, ***I mentioned a tool in Week 15 that I believe is so powerful that I will mention it again here***. To really uplift your feelings and put you in that imagined reality about your desires, ***visualize being interviewed*** where the interviewer asks you "how do you feel about …" What you may find is that it puts your imagination and intuitive senses in overdrive and can throw you into that experience, talking about it to the interviewer as though it already happened; that is very powerful, you might want to try it and see if it does something similar for you. Everything in this program, everything you have ever read, seen and heard about manifesting is all about getting to the feeling. Once you are in the feeling, you are giving direct instructions to your subconscious mind in the form of vibration and it will connect you with all things you desire that equal that vibration - manifestations. Remember feelings are the language of the subconscious mind.

Be very aware that imagination is not a toy, it is a serious tool we have been given for attracting the life we want; use it with care and caution, it can bring you what you don't want just as quickly as what you do!

To quickly illustrate how imagination works in our life, let's say you want to buy a car and you have a particular one that you really like. You can see yourself driving it, you can feel yourself sitting in it; all of the ingredients to attract it. But then there are those other images and thoughts and feelings like, "where is the money going to come from", "what if I need that money for …", "oh there is something more practical I should put my money into", "I don't really need that car", and the list goes on. These types of thoughts obviously come from a faulty belief because the truth is we have access to unlimited abundance. The effect of each of these thoughts is to keep your vibration low by causing you to be disappointed about not getting the car. This results in you not getting on the same frequency that the feeling of having the car is on and consequently, the car does not show up in your life. Why? You allowed the faulty beliefs to rule your conscious mind and direct your vibration to a frequency different from the car. Where as on one hand you are saying you want a car, those limiting statements are saying I don't want the car. If you allow outside circumstances like your bank account or credit rating or something else to dictate the possibility of you getting that car, you likely won't get it. Remember it is the job of the conscious mind to state what you want and stay in a high vibration, leaving the rest to the subconscious mind to figure it out. It has the resources of the entire universe to make it happen. Those resources are endless and infinite. Your conscious mind cannot even come close to comprehending the ways and means of the subconscious mind. The car could come as an inheritance, it could come from a salary increase, it could come as the result of a new relationship, it could come as a gift. There may not even be a money

exchange, you just don't know the ways it could come and if you use your conscious mind to figure it out, you are only causing a negative effect on your vibration which is preventing you from getting the thing you want. Figuring things out has the energy of 'I don't have' and 'I don't trust' and these energies will definitely not get you what you want. To further illustrate this concept of redirecting our attention and focus and thus experiencing what we don't want, see the diagrams on my website at http://highervibrationsnow.com/?page_id=1188 called "What causes what happens".

Now you can see the tremendous importance of detaching from outside world happenings that do not support your desire or are of a low vibration in any way. If you get emotionally entangled with them, you are only causing yourself to focus on a low vibration which does not allow for the thing you want to be attracted into your life. That is a very high price to pay for indulging in those low vibration influences.

Exercise 2 of 2 – Monitoring the attraction process

Mind Mastery Area 3
At the end of each day, for 7 days, write down what percent of the time you were in a high vibration and / or focused on your dreams and desires. You will want that number as close as you can get it to 100%. To increase it, you will want to use what you are learning in this section, Module 1 and Module 2 and be more aware to make your focus on high vibration thoughts and feelings a greater part of your day.

Further support for planting the seeds of your desires.

To really hit home about the power of focus in attracting your desires consider a magnifying glass. When you focus it, you get a very definite

result; however, if you keep moving the bead, it never stays long enough to have an effect. This is the same thing with your conscious mind. If you let it wonder among a myriad of disconnected thoughts, there is no clear message to your subconscious, and just as your mind jumps around, you will find your life jumps around. If you have vague images that are just here today and gone tomorrow and / or you lack emotional involvement you won't get to the frequency that you need to be at to attract those things you desire. The job of your conscious mind is to give focus to the desire to generate the vibration associated with that desire. Once your vibration matches the vibration of the desire then attraction happens. But be aware, if you focus on what you don't want, you will attract that just as readily as what you do want.

During your sleep, did you ever have a dream that was so real that when you woke up you checked on a few things to actually prove it was not? Did you ever wake up sweating or your heart beating because you were falling, or did you ever find yourself smiling from a memory of a happy event? This is how to use imagined reality, so focused, so real that the emotions well up and inspire a fluttering of joy in your heart, a smile on your face, peace and satisfaction of the image you hold. You will find items of the day competing for your mind space. You have the power to cast those thoughts aside, you have the power to cast aside the results you see in your life and the things you are surrounded with and stick to the images of life you want. You have the power to look at anything with a perspective that puts you in a high vibration.

Did you ever have the experience of cooking with all kinds of activity going on around you? Did you ever use an axe to chop wood or be in charge of heavy machinery where every decision was critical? How about driving

your car through a very busy road system with cars seemingly coming from all directions and it may be night and raining with the glare of lights and other distractions. What do you do, you focus on exactly what you need to do to keep your self safe as you are engaged in those situations. You put all other things out of your mind because if you do not the consequences of being unfocused, in some cases, could be fatal. This is much like life, it may not be fatal in the moment but we pay very dearly for allowing our mind to wonder and giving attention and energy to the negative. If only we were aware that how we use our mind impacts the way we experience life, with this program you now are.

All day long we have things coming at us, news, people, situations and they can tempt us to pay attention and invest energy of a low vibration. This is where it is so important to remain detached from those things. Accept them as something that is, something that manifested from your vibration. If you want to change it, use your power to set your vibration to attract something different. You always must go inside to change the vibration; you can not change it on the outside. ***Putting attention and focus on those things you don't like only keeps them alive***. If you take things personally or feel the need to defend yourself, or find yourself judging then you are entangling yourself with negative energy and are simply giving attention and focus to those things that you do not like. This will keep them in your vibration and in your world in one way or another.

Know that to have a desire statement, vision board, image or any other representation of your desire, it is not for vain access or repetition. If it is not an image that really makes you sing and ring, it is going no where. It has to be emotionally charged. It has to be something that has presence in your mind, not something you go to a book and say "Oh I need to check the

book to see what I am supposed to be repeating to myself", or "what was that thing I wanted anyway". Would a person need to be reminded to show up at their wedding ceremony, if they do, it's probably something they may want to rethink, otherwise that day is tattooed in their mind like a picture etched in wood, think of the anticipation. That's the spirit of imagining and feeling that attracts what you want.

There was a statement I read once that said your life is about the things you love, fear and steadily expect. I think it's quite true and agrees with everything here. In terms of fear, it is a very strong emotion and therefore can be a very attractive energy. That being said you now know there is no sound basis for fear. Fear only has power if you give focus to the thing feared. In an abundant universe where you can attract what you want, no one can take anything from you, you don't have to be without anything. You are a powerful creative being with the support of the entire universe, what could there possibly be to fear. It could only exist in the absence of the truth about who you really are. You know now that you can simply change your focus and attract what you want, you know how it works. You know based on the truths and laws of the universe that what you attract is simply what you choose to focus on with intention and feeling. You also know it is your birthright to expect your desires; that you have the power to attract them, so stick with your images and use your tools to keep your mind focused on what you want.

Questions

1) Is this program teaching you to use the law of vibration, or to use the law of vibration effectively, explain?
2) What has to happen for your desires to start manifesting?

3) Does it take much mental will to hold a purpose driven desire in your mind, why or why not, explain?
4) By using the space in your home more efficiently, you can get more out of the space. How can you apply this concept to using the space in your mind?
5) What kinds of thoughts can seem to easily and quickly hijack your mind? Why is it important to be aware of these?
6) What can your faculty of “mental will” help you with?
7) When we are not receiving what we want to attract, is something blocking us, what is happening?
8) How is displacing red tinted water in a glass like retraining our mind to move from unfocused and low vibration to focused and high vibration?
9) Why is it so important to strengthen your mental muscles of will and imagination?
10) Explain this phrase “act as though you are”. Why is it important?
11) At what point does the manifestation of your desire begin?
12) What are two acid tests to tell you that your desires are purpose driven?
13) What is happening when you start your meditation? Why is that important?
14) How do you most effectively communicate to your subconscious, what are the ingredients?
15) How much power does your subconscious mind have?
16) What is the value of just being in the silence of your mind with no particular thoughts?
17) What is the essential ingredient to transmit to your subconscious mind so it manifests the path to your desire
18) What must you be careful about when using the imagination?

19) When are very good times to impress the subconscious mind with our desires and / or generally feel good thoughts of appreciation, why?
20) How is using your mind like a magnifying glass?
21) Besides full meditation, what is another way to impress your subconscious with what you want?
22) What must you realize in terms of the timing of your desire to manifest?
23) How is making an impression on your subconscious mind with what you want like using a camera?
24) What are three negative emotions that pull energy away from what you want and redirect it to what you don't want? Why would you allow these emotions?
25) What will give you the confidence, faith and belief to live by the laws and truths of the universe?
26) What are the two things that happen when we get engaged with a negative emotional state?
27) What are common choices people make that keep them engaged in negative energy?

MODULE 3

Week 17

Nurturing Your Desires – Nurturing the Seeds of Desire

The Importance of sustained positive focus

This week we will carry on with the next step in how to use the law of vibration intentionally and deliberately to attract what you want into your life. Before getting into this weeks material, here is a short summary of what has been covered so far in Module 3. In Week 14 you identified with the unique and natural gifts, talents, interests and passions that radiate from within the core of your being, the ones that you came to this planet to express. This is the fire within you that causes you to know what your true purpose driven desires are. You identified these desires in Week 15. In Week 16 we covered strategies that enable you to focus your conscious mind in a way that vibrationally impresses the vibration of these desires on your subconscious mind, as well as vibrationally impressing high vibration feelings in general so that you can achieve the frequency of the desire. This is what causes your desire to be attracted into your experience. That being said, to really cause a full manifestation of your desire into your life, you must sustain a high vibration focus. When you sustain that focus, you are causing your vibration to match the vibration of your desire. When that happens, the law of vibration says it must show up in your life experience

because like energies attract. For this reason, the art of sustaining focus is what we will cover in this weeks material.

By this point in the program you should have reached an understanding that it is not what you do on the outside alone that causes what happens in your life. It is more about what you are doing on the inside with your vibration. In other words, it is more about the thought>feeling choices you make in each moment that sets your vibration. Taking this one step further, since you have the power of choice, you must now realize that you are indeed the master of your mind and therefore the master of your life, and that you do indeed have the power to take charge of your life and make it anything you like. This weeks material will also continue to develop your power of choice to turn away from low vibration thought>feelings and instead turn towards sustaining high vibration thought>feelings.

One thing to keep in mind as you go through this week is that you can have different frequency levels related to different areas of your life. That is why you may be successful in one area but not in another. For this reason it is important for you to keep your focus pointed, at all times, to the vibration that equals what you want in each area of your life. When you do this you are sustaining the vibration level of what you desire; and this is mandatory to experience it.

As a reminder, mastering the use of your conscious mind may be the most challenging work you ever do. This is true because while you are learning to sustain your focus on what you want, your daily life is filled with circumstances of “what is” that can tempt you into the same old reactions and have you emotionally buying into appearances. If you give into the reaction and the appearance of things, it draws your attention away from the vibration that is equal to what you want and puts your focus (vibration) on

“what is” that you do not want. This causes you to stay in the cycle of attracting, and reacting to, what you don’t want. You have to be sharply aware and very vigilant to stop yourself from reacting to the situations in your day and instead choose a new high vibration response. This is the only way to break the cycle and create a new cycle that will attract what you want. Depending on the amount of momentum old beliefs have, it can take a great deal of perseverance to establish new beliefs and habits of thinking that will attract the life you want. As you stick with it, you will find that you start automatically choosing high vibration responses and this will perpetuate the good in your life.

To really give a sharp perspective on the value of focus in the context of this weeks material, it is this; the reason to focus on anything is to get you to a positive feeling. It is the feeling that sets the vibration for what you attract. With this in mind, any thought, word, imagination, behavior, surrounding or stimulant is really just an excuse to get to a feeling. Rituals of all sorts do the same thing, we just want to do anything we can to get to a good feeling place then the law of vibration takes over to keep it coming. If two people are wanting to get to an emotional state of happiness, it is very likely that they will use completely different words, thoughts, imaginations and / or stimulants to achieve it. There is no right or wrong way, there is only the way that works for you (as long there is not intention for harm to another). If someone tells you that you must do a thing in a certain way to get to happiness or any high vibration for that matter, just realize that what they are telling you is what they believe about how to get there. The reality is, it is one of an infinite number of ways to get there. Anything that will move you to a place of feeling good (without damaging yourself or harming others) will cause you to be in a vibration that attracts what you want. So your biggest job, the thing that you need to give the most chronic care to, no

matter what is going on in your physical life, is to reach for and focus on anything that moves you to a high vibration feeling. When you do this, you will cause what you want to start showing up in your life, easily and effortlessly.

When you allow your mind to focus on what you don't like it keeps you away from the frequency of your desire. Essentially you are holding yourself away from what you want. For example, when you think of buying a car there is a feeling of happiness. This means that to manifest the car into your life you must maintain a frequency of happiness. If during the day you are feeling negative emotions about things going on in your life or with interactions with others, then you are not at a sustained level of happiness and therefore not at the frequency of the desire for that car. As you sustain a higher and higher frequency level, you will find "things" related to that frequency show up in your life. It does not matter how much money you have, how many friends or anything else. Whatever is on the same frequency that you are on will find a way to get to you. This is illustrated on my website at http://highervibrationsnow.com/?page_id=1016 "Living in the Light" and http://highervibrationsnow.com/?page_id=1170 "Life Change with Vibration" and http://highervibrationsnow.com/?page_id=1441 "What frequency are you on".

Mastering the mind is like mastering the skills of any vocation or profession, you must practice. It can sound a bit odd to say practice being happy or joyful or at peace because we have accepted to a large degree that these feelings simply and spontaneously rise up in us because of what is going on around us. This of course is false, feelings are a choice because they stem from thoughts which are a choice. For this reason, we need to learn how to choose our feelings, and to do this we must practice aware and

effective choice making in all of the various scenarios in our life. This is the training, practicing choosing the feelings that support what we want to attract. ***We want to stop having feelings as a default reaction to what is going on around us.*** We do not have to take our emotions from what is happening in our life at all, we can take them from our imagination, something most are very unpracticed in. To master your mind is to keep your mind continuously focused on the good feelings related to what you want or any high vibration feelings that match your desires. The more you practice holding and turning to high vibration emotions, the more easily it will be to sustain them no matter what is going on. What does it mean to practice high vibration emotions, it just means that you practice turning away from negativity, finding the good in anything and everything and making it the focus of your attention. It means using any situation to your advantage to generate feelings of happiness, joy, peace, appreciation, etc., rather than allowing it to be the reason you go to a low vibration. Once you practice this over and over again, it will be easy and automatic and once that happens you will be sustaining a high vibration and easily bringing your desires into your physical reality.

Strategies to help you sustain a high vibration focus

To really sustain your focus on the good feelings related to what you desire and high vibration feelings in general, you simply must be constantly aware of what you are thinking and feeling. In fact, you could think of your feelings like a radar system that helps you feel your way through your day. When they are negative you reset to positive and keep going, if you hit another negative reset to positive and keep going. Your feelings are your emotional guidance system and if you use them accordingly they will help you navigate the best route through your day like a GPS will help you

navigate your trip. This idea of monitoring your feelings may sound like a lot of work but with practice it becomes a habit. If it was not for the faulty beliefs we took on, we wouldn't have much resistance to living in a high vibration all the time, but because we did, those beliefs are attracting things we don't like and want into our life and we have to deal with them. The challenge is, a faulty belief influences our response to a circumstance so we need to be very aware not to be lured into an automatic negative reaction (choice of thought) that affects our behavior, reinforces the belief and keeps us stuck in the cycle of attracting more of what we don't like. ***So the real task at hand here is to be aware of your self going to a negative feeling, stopping it and turning it around to a positive response.*** Once you continuously do this, it will become a habit and you won't have to think much, but in the beginning it may be somewhat mechanical as you stop the negative feeling and reach for a way to turn it around to positive. Because this ability to stop yourself from getting engaged in negative feelings is so critical to sustaining your focus on high vibration feelings, and therefore the quality of your life, below are some different ways of looking at the circumstances of your daily life. Looking at things in a different way can often give you new insight that enables you to make new choices and new responses. This can help to keep you away from being lured into negative feelings and therefore have mind space to sustain your focus on high vibration feelings.

If you will look at every experience in your life as a manifested vibration then you will find it much easier to detach from any circumstance and stay in a high vibration. Once you realize that anything in your life is there because it has a frequency that matches a frequency in you, it will allow you to accept it for what it is, and that simply by maintaining a high vibration, you will cause it to start disappearing from your life. You will

realize that it is not there to aggravate or annoy you, to take anything away from you or put you down. It is there because it has a vibrational frequency that matches what you are putting out. This is such a critical concept in taking charge of your life that I will repeat it. Rather than seeing a person or a situation as an aggravation for example, see it / them as a vibration that came to you because it matched your vibration. If you will do this, you can get away from looking at it as good or bad but just something that is, and if you don't like that vibration, then go within yourself and find a way to raise your frequency to a high vibration such as love, happiness, understanding, compassion, peace, joy and what you have learned in Module 2. Once you do, then the vibration of aggravation can no longer be attracted to you and you will be surrounded by more desirable circumstances that represent your higher vibration.

The only reason that anything is ever present in your life is because it is vibrating at the same frequency that you are. To get a different experience you have to change the frequency you are on, and you can't change the frequency by paying attention to what you don't like, to what upsets you, by what hurts you, or by engaging in negative self talk from your own thoughts or in relation to what is happening around you, or by getting defensive or taking things personally, it will not change anything; in fact it will invite more of it. Just imagine having a pair of glasses that showed you the vibrational equivalent to what you were physically experiencing. It would have no face or shape at all, it would be a mass of molecules at a specific rate of vibration. You would see if you raised your vibration, low frequencies would disappear and high frequencies would take their place. Then you could take off the glasses and see the physical representation of that high vibration. Perhaps it would be the job you want, the relationship, the trip, the car, what ever represented your desire that you feel good about.

Another way to sustain a state of high vibration is to see your life experiences as a movie. If you were watching a bad movie, what would you do? You would turn it off, walk away, or change the channel. This program has given you many tools to change the channel since turning off life and walking away are not productive options. If you choose to stay engaged in that negative movie, it is keeping your frequency down at a level where what you want cannot find you (because your desires are at a higher frequency). Remember only like frequencies attract. Further, when you are engaged in the low vibration frequencies, you are attracting circumstances that are at the same low frequency level. So if you allow yourself to go to anger, you will attract circumstances of an equal frequency to anger. Don't be surprised when someone shows up to cut you off in traffic and then shake their fist at you! Knowing that your vibration is responsible for what comes into your life should make you very motivated to use every tool you can to keep your vibration at a high frequency. The circumstances in your life are like the movie on the screen. And just like the movie on the screen comes from a source like a DVD, your circumstances come as a result of your vibration. If you want to change the movie, you must change the DVD, you can't change the movie on the screen. Same thing with your life, you can't change your circumstances by working with them, you can't change people by any means other than to raise your vibration to the level of want you want to experience. If you want love and respect, then vibrate at the level of love and respect. ***Are you going to let your circumstances set your vibration or are you going let your vibration set your circumstances?*** What is interesting is when you are loving towards someone, no matter what they are doing, in an odd kind of way you are being selfish because your act of love, your feeling of love is your instruction to the universe to bring that into your life. You can never go wrong by giving good vibration

feelings to anyone, no matter what they are doing. It is of course a quality of our source self to be kind and it has the innate effect of causing more of that high vibration to come into our life. To help understand how this movie analogy relates to the choices we make and the workings of our conscious and subconscious minds see the diagram on my website called “Choosing Our Life” at http://highervibrationsnow.com/?page_id=902.

Again, the process of taking charge of your life is so directly connected to your effectiveness in being able to sustain your focus on what you want and on what feels good that I have setup a diagram to help you understand the process of how to turn a negative feeling into a positive. You can view this diagram on my website at http://highervibrationsnow.com/?page_id=1065 “The Law of Vibration and Attraction Cycle”, it illustrates the process of breaking the cycle of negative reactions and creating a new cycle of positive responses. In understanding this diagram, that is, the connection between our thoughts, emotions, beliefs and vibration, it can help you to stop yourself from sliding into negative momentum and turn any situation into a positive feeling, thus sustaining your focus on high vibration feelings.

Here is another little mental picture that may help you to maintain your focus on the good. Let’s say you have planted a little garden with seeds of colorful flowers and you are excited for them to sprout. But as they do you step on them. What happens, they stop growing, this is exactly what happens when you hold low vibration feelings, you are stopping want you want from showing up in your life. Once you understand the high cost of low vibration feelings on your life, it will motivate and inspire you to turn away from them. The simple fact is that we don’t realize the high cost of negative feelings so we allow them as though they were free, but they are far from free. ***You absolutely must learn to associate your choice of***

feelings with what is attracted into your life. When you do you will be more careful with your feelings and you will do what it takes to find a way to feel good.

To be clear, if you have negative things going on in your life now, or things that are taking your focus to a low vibration; I am not saying to walk out on your life as it is, I am saying go inside to your mind and choose high vibration feelings using all that you have learned in this program. As your vibration rises and you sustain a high frequency, the circumstances in your outside world will also rise to match that frequency. It is your vibration that changes your life, it is the only way to effectively do so. Sometimes we may think a change in our outer life will bring us what we desire but the old expression "you can run but you cannot hide" is true. You cannot hide from your vibration. The faces and places may change, but unless you rewrite the vibrational script, the movie and what all of the characters bring to you remains the same. The only way to live the life you desire is to put your effort into sustaining your focus on high vibration feelings. You do this with your faculty of mental will to hold yourself in a high vibration, not by running away or running around in the outside world to organize the life you want. Your subconscious mind will take care of all of the details of getting your desires to you, you just got to send a clear instruction and hold yourself to the frequency of that desire.

Ask yourself right now, am I confronted with recurring circumstances and behaviors in my life that I don't like? If the answer is yes then you are choosing to focus on the circumstances that you don't like. The cure is this. ***Look at what you don't like and setup an image that you would like instead, make a statement that captures what you do want, then sustain the feeling of it, and it will be the new dominant vibration passed to your***

subconscious. If you repeatedly interrupt what does not feel good, or a negative reaction and replace it over time with what does feel good or a positive response, your circumstances will change. For example, if you are experiencing a job related situation that is unpleasant, find a positive in it to focus on like “I am so grateful and thankful that this job is providing me with the means to get the one I really love” or “It feels nice to have great coworkers” or use your imagination and say / picture “It feels nice to think about a fun and rewarding job doing …” In a relationship that may have unwanted experiences, say, “I am so happy and thankful for the mutual love, respect and appreciation I have with my partner”. I can hear you now saying, “but that’s not true”. ***To be a master of your mind and therefore your life, you must learn to stop telling it like it is and start telling it like you want it to be – and in the present moment.*** That is not deceiving yourself, it is using your natural faculties to attract the life experience you want. If you believe that using your imagination and mental will is an act of deceiving yourself, then know this, you have bought into a faulty belief and it is severely impacting your life in a negative way. In any situation where someone is giving you grief you might say “I am so grateful and thankful that people help me to be aware of my vibration”. Right on the spot, see what you don’t like, and replace it with what you do and impress it on your subconscious mind by making it the focus of you attention. If you do that repeatedly, it will become your new physical reality. It has to, it is a law. Whatever you dominantly focus on in your conscious mind, with feeling, expectancy and repetition, it will impress on your subconscious mind, and as it becomes the dominant vibration, the law of vibration says you will attract it because like frequencies attract.

There are four concepts that will really help you with this need to turn away from getting engaged in low vibration anything. They are acceptance,

detachment, non-judgement, and defencelessness. These are incredibly powerful tools that allow you to turn away from what you do not want and be free to put your focus on what you do. Think about these concepts. If you just accept and detach from what is, if you don't judge it or take it personally and just emotionally leave it alone, you are not giving the unwanted any emotional attention or focus. Therefore it can no longer generate a vibration, and without a vibration it can no longer be attracted into your life. ***If you just turn away from an argument, turn away from frustration, turn away from annoyance, turn away from rudeness, turn away from criticism, turn away from what seems unfair, turn away from hurt – then you will stop reacting to what is and allow yourself to focus on the way you want it to be.*** You will stop attracting things that are frustrating, argumentative, annoying, rude, critical, unfair and hurtful and instead attract fun, easy going, helpful, cooperative, supportive situations. It's only your focus on what you don't like that keeps it alive and coming back. If you want to attract your desires and be happy; then you must hold your focus to only those things?

In terms of repeatedly turning your focus to what you want and holding it until you cause its manifestation, it makes me think of some of the video games I see kids play. They have to beat the "boss" to get to the next level. It usually takes quite a few attempts before the "boss" succumbs and they can move on. This is the same with displacing old faulty beliefs and making new beliefs your dominant vibration for attraction. I can almost guarantee you that you will have days when you think this is not working, that turning to the vibration of your desires in your mind is not changing your life, but you have to know it is. Each shot you take at the "boss", that old belief (by holding a new positive thought>feeling), weakens it and as you keep doing it, one day the new vibration becomes the "boss" and when it does, it will

be the one that causes your life circumstances, the ones that you want. Some “bosses” (old beliefs) have a lot of momentum and they seemingly take over your mind, making you think of things that are not joyful. It’s as though they hypnotize you into staying in their company but realize it is just momentum and like throwing buckets of water on a fire, sometimes it takes many to put it out. In life, your buckets of water are the feelings of joy, so go to thoughts of joy, go to places that give you joy, find people that give you joy, do things that give you joy, listen to what gives you joy and you will find that old momentum goes away as it gives way to the momentum of joy.

To support this concept of sustained focus and the many other concepts presented in this program, you will find many recordings of the teachings of Abraham Hicks on the internet. Some language used in these recordings and other material I reference will vary but the basic premise is consistent; that is, there is one universal field of intelligent energy and we have the power and ability to manifest that energy into the form of our desires. Essentially, if we can imagine a thing, and we hold our self in a high vibration, we can manifest it. We are in fact manifesting what is going on in our life every minute, so the matter at hand is not how to start using it but start using it intentionally.

Understanding the effect of focus

It is very clear that we do not realize that we choose our circumstances by what we focus on because we so often balk at what we attract. Isn’t that strange, we balk at the very thing we attract into our life. Through our vibration, that is, our choice of feelings, we are literally instructing the universe to bring us an experience that is equal to the vibration of that feeling, and when it comes we often get upset. We then try to change it on

the outside, not realizing that it is our focus and attention on the inside that is responsible for its presence. It's like trying to change a shadow by grabbing it, it's futile! Think about it, through our vibration, we tell people how to treat us and then when they do, we get hurt, angry, depressed etc. It's like ordering food in a restaurant and then when it comes, getting upset at the waiter for what they brought you? Further, when we balk at the waiter, in accordance with the law of vibration, we are asking him to bring more of what he just brought us that we are balking at. How confusing and chaotic does this make life? When we balk, we don't realize that causes what we don't like to keep showing up. ***We don't realize the balking produces the frequency of the thing we don't like,*** and so we stay on the frequency that keeps bringing it back. It is vital to the quality of your life to understand that your negative reactions to circumstances will keep inviting those circumstances back. The reason for this is because your negative reaction is the very frequency that is attracting the circumstance. Can you see how engaging in negative reactions and low vibration feelings directs your focus from what you do want to what you don't? It's like wanting to grow a tomato plant but planting the seed of a thorn bush! When you choose to indulge in low vibration emotions, you are planting the seeds that will grow into a thorn bush. Even if you allow your emotions to come from the actions and behaviors of another or what is going on around you, it's still your bush, it does not grow in the life of others, it grows in yours.

It is important to note that when you sustain your focus on what you want, the time it takes for that thing to manifest will be impacted by the amount of negative momentum already in place and active. In other words, if you have strong negative beliefs with a lot of momentum it may take longer to manifest what you want than if you have no negative belief around the thing you want to manifest. This is not good or bad, just something to be aware of

to help you have patience and persistence and trust that the work you are doing is paying off. See the diagram on my website at http://highervibrationsnow.com/?page_id=1170 to illustrate this point. It is titled Life Change with Vibration Change.

There are many ways to turn away from negativity and keep your focus on things that cause you to be in a state of high vibration feelings. Refer to my article's on my website at www.highervibrationsnow.com called "50 Plus Ways to Maintain a High Vibration when everything around you is not", "Your Emotional Guidance System" and "Retraining Your Vibration".

Your willingness to turn away from the negative and sustain your focus on high vibration feelings is directly related to your trust in who you are as a total human being and in the laws that govern the universe. The degree of trust that you have will dictate that level of conviction you will engage to hold yourself in a state of high vibration. The lower the trust, the greater the risk of fear, worry and doubt taking over your focus and interfering with the physical realization of your desires. To give you some perspective of the trust that you need, consider dropping an object from a 4th floor balcony. Would you wonder if it would fall to the ground when you let it go, no, why, because you trust the law of gravity. When your trust in the other laws and truths of nature become as strong as your trust and belief in gravity, you will also use them to your benefit. To further help you with the idea of stopping your self on the spot and turning to a new empowering thought-feeling-image see the diagram on my website at http://highervibrationsnow.com/?page_id=1065. It is entitled "The Law of Vibration and Attraction Cycle".

As you use your mental will to constantly turn your focus to high vibration feelings about your desires or other things that feel good, you may

experience self defeating and sabotaging self talk and fears. The old limiting beliefs with momentum are those voices in your head and the reason for what people and circumstances bring to you. As long as you know this, you can have perseverance to keep yourself in a high vibration, knowing nothing or no one can do anything to you that you do not allow through your vibration. If you find you are second guessing yourself in your faith to manifest your desires and want to seek retreat back into the comfort zone, play it safe, stay with the crowd, not want to stand out or take a risk or be vulnerable, just know all of that has to do with the faulty beliefs. If you encounter people who seem like they are pulling you down, mistreating you, trying to derail you, or that you shouldn't disappoint anyone or that you should conform to what they think, just know all of that has to do with your faulty beliefs and the influence they have on the vibration you are offering. If you attach your ability to get what you want to your job, your education, your financial situation, your spouse or your sheer worthiness to possess an item or be in a certain place in life, just know that has to do with the faulty beliefs. Just realize that all of these behaviors are the result of old faulty beliefs. It is these beliefs that you are in the process of displacing by sustaining your focus on the vibration that is equal to what you want. You just have to be patient to hold your focus on thought>feelings that cause the old negative belief momentum to be displaced by new positive belief momentum. Just keep turning your conscious mind to finding the good, to what feels good, to the feelings that put you in a high vibration and you will see your world shift.

To turn away from an unpleasant situation does not mean you do not care or that you are not interested in helping, it just means you are aware of the damage it is doing to engage in low vibrations. It means that you simply want your life to be pleasant, to be engaged in situations and circumstances

that feel good. It means that you want to experience love, abundance, prosperity, great relationships and fulfillment. It means you want this planet to be a place of love and abundance for all. In order to turn towards what you want or what feels good, you have to know what you want and what feels good. Now can you see why self identification, purpose and desires are so important? In turning away, ***if you have no place to put your focus, it will most likely end up back in the low vibration zone.*** Focus is not good or bad, it just depends on how you use it. Like a fire, it can be used to heat a home or burn it down, it's not good or bad, it just depends how you use it.

If you have any doubts about your ability to turn away from circumstances and shift your focus, read the book by Victor Frankyl, Man's Search for Meaning. He faced conditions probably as adverse as anything in the history of the human race when he was placed in a German prison camp in World War 2. You will realize that it is entirely within you to think independent of anything going on around you. If you want something new, like a car, are you going to let the (outside) appearance of your money status dictate your vibration or are you going inside to set it to attract that car. Separating our emotions from what is going on around us is a new concept but one you can master by practicing what you have learned in this program. Learning to master your mind, is really the same as learning to master the playing of a musical instrument, its all about repetitive practice. When learning anything, at first you had to think about what you were doing, stumbling and making mistakes, but as you stuck with it and practiced continuously and consistently for a period, you stopped having to think about it, everything just fell into place, you have created a habit. Through repetition, you train (or wire) your brain to make your body and your responses automatic; you don't have to think about it anymore. As you

practice turning away and shifting your focus to what you want you eventually will do it automatically.

If things are happening in your life that look like you are not attracting your exact desires or it just seems like they are taking for ever to come, this is when you must hold steady to your trust and to your high vibration feelings. You simply do not know all of the ways and means for the universe to deliver what you desire. You do not know exactly how your desires are unfolding and you do not know the exact timing. Look around you; look at the incredible creation of what is on our planet. The water cycle, the food chain, the seasons, the rotation and orbiting of the planets and moons, the human body, the geographical formations, the beautiful creations by humans and the list goes on and on. Does it make sense that a universal intelligence that put this all together, put us together and gave us dreams and desires would seek to defeat us or that we are out here all alone to slug our way to whatever we can get our hands on? Where and how did such crazy notions come to be? The cure for fear is faith and truth and you get those through knowledge, understanding and practice. There is a purpose seeking expression through you, and you have the power to express it and all the resources needed to express it. Keep turning away from those things of a low vibration and you will be in alignment with your true self, this is when you experience health, happiness and harmony.

Exercise 1 of 2 – Tracking your vibration and focus

Mind Mastery Area 3
Setup 3 columns on a sheet of paper.
Column 1, low vibration situation.
Column 2, amount of time to turn it around.
Column 3, strategy to turn it around.

In column 1, briefly state the situation where you indulged in a low vibration, for example a conversation with (fill in the blank), the actions or words of another, or even a self talk conversation. Just describe it very briefly so you can identify it. The main thing we want to accomplish here is to determine if there are specific recurring situations that are drawing you into a low vibration or how often you are going to a low vibration. Column 2 is important because the longer you stew in a low vibration the more you are supporting the attraction of what you don't want. That is, you are adding to the negative momentum of a belief that will cause it to be active and therefore attractive. Column 3 is where you get to put the tools to work that you have learned in this program by identifying which one you used to help turn your vibration to high. There are many tools that you have been given in the program and it is good to know which ones are most effective for you in a given situation. Some days you may get hit with things that really draw you in and having quick reference to something that helps you quickly turn it around will be a life changer.

As you raise your vibration there will be fewer recurring negative situations to draw you in because you will be attracting more high vibration situations. This exercise can be used to track this change. Also it will help you to identify certain things that may be challenges for you to turn away from and you can put extra work and focus on what you can do to turn away from them. Lastly, it will tell you how quickly you are turning things around, and this will tell you what percent of your day is in the high vibration zone versus low. This is a very important number. Essentially it is telling you how much time and focus you are spending to nurture your seeds of desire versus nurturing the ones that are not your desire. This in turn will give you a very good indication of what you can expect for experiences in your life as your vibration today is what attracts your circumstances in the days to

come. To be clear, your present moment vibration is going to come back to you in the present moment as a thought, feeling, idea, opportunity, manifestation, step to or away from your desire depending on the vibration, and it also adds momentum to a belief so it influences your thinking in the days to come and therefore what you are attracting. If you are spending a high percent of your day in the low vibe zone, you are not going to be very satisfied with the content of your days and that includes your health.

As you start this process of learning to master your mind, you many find yourself reacting in the same old ways at first but as you become more aware, you will more often stop and think, and start making new choices. When you start to stop and think, you may find you're in neutral and not immediately sure how to respond, but you know that a negative reaction is going to direct your focus away from what you want. This is why this exercise is important; it can help you to have a high vibration response ready for what ever you come across in your daily life.

Ultimately, once you internalize the law of vibration you will be acutely aware that the only things that make sense to hold in your mind are the things that will attract what you want. If your subconscious mind could talk with you, it would say, you can have anything you want, why are you asking me to give you something that does not feel good, tell me what you really want? Therefore it is imperative that you completely embrace the Truth of Abundance, the Law of Vibration, The Law of Expression, The Law of Increase and the Truth about You. You can find these in the documents called the Missing Pieces and the Truth of Abundance on my website. If you wanted to swim across a lake but didn't trust yourself to make it, what would you do? You would study, practice and increase your confidence and trust to the point you would do it. Same thing with the laws

and truths, study them and practice them. As you see change happening in your life you will trust them, it will build your confidence and you will take charge of your life.

You may be thinking that this seems like a lot of work and you want to get on with living life but you must realize that this is the education you didn't get and you need to complete "school" in order to get the knowledge, awareness and practice to master your mind. By not having been taught this information, it really leaves you at a high risk of digging yourself into a hole, and if you look at the state of affairs on the planet, many have done so. In fact, it's almost certain that this is the reason you are doing this program; to find a way out of a dissatisfaction in your life. The good news is that no matter how big the hole, you can start any day to conduct your life according to what is in this program and get up out of that hole.

To illustrate this point about getting out of life's "hole", consider the movie called Stone. It's about a man in prison and the process of getting out on parole through a particular parole officer. The movie depicts exactly what happens to us as we change our focus and vibration and nurture the seeds we want to grow. The man in prison is released after he clearly changes his outlook and attitude to something much more positive. This attracts a sequence of events where his whole world and everyone in it changes for the good to reflect his new vibration. Ironically, while this is happening to the fellow in prison, the opposite happens to the parole officer. He allows the outside world to influence his thinking and generates low vibrations which then attract circumstances of the like. If one looked at this movie from a purely situational point of view, most people would think the parole officer had it made. He had a home, a wife, a career that afforded him a fairly free life (one that would be seen as "secure"). The prisoner on the

other hand had what you have when you are in prison, very little rights or anything. But these circumstances did not dictate the future; it was the vibrational change, the awareness and the choices that set their respective roads in different directions. Any one of us can set a new direction at any time and travel that road.

Exercise 2 of 2 – It's a new day

Mind Mastery Area 3

Upon waking up, you have a window of opportunity each day to start positive momentum. No matter what happened yesterday, last week or 20 years ago. This is a new day that can start with completely fresh thoughts that are independent of anything that has gone on, is going on or you think might go on. You can let you mind soar, free of beliefs, issues or anything that can start you in a low vibration. To help train your mind to start fresh and focus on what feels good, put a blank piece of paper where you can easily see it when you wake up. You may want to leave it blank or you may want to write a few things that will trigger your thinking in a good place. You could write any of the following or come up with your own statements to trigger the start of positive momentum.

It's a new day and I am starting fresh new positive feeling thoughts now.

Time to meditate
In my world (go read your in my world sheet)
Wouldn’t it feel nice to / if …

Remember, once you get the momentum going, the law of attraction will keep sending you equal vibrations first in the form of thoughts, then ideas, answers, hunches and on to manifestations that take you on a wonderful journey to your desires. When you are feeling good, and when good feeling thoughts are in your mind and good feeling circumstances are showing up, you are moving on the path to your desire.

As you practice starting your day with intentional good feeling thoughts and you do what is in exercise 1 of this week which is to be aware of negative feeling thoughts in your day and turn them back to positive, you are really going to see the power of the universe to deliver everything you want in an easy and enjoyable journey. You may well think you are magic or someone is following you around setting up all of these things for you. You may take you a little time to believe life can be that easy.

Questions

1) What is the result of your focus being directed to what you don’t want or like?
2) What is the effect of sustained focus versus casual focus?
3) What allows you to take charge of your life?
4) If you don’t like a movie you are watching, can you change it by saying and thinking negative things about it? How is this similar to life? How are the consequences even higher when you do this in life?
5) Why are you able to change your circumstances?
6) What is it that causes people to behave towards us the way they do?

7) How do we change our vibration?
8) Would you get upset at a waiter for bringing the food you ordered? If not why do we choose a negative reaction to the behaviour that others bring to us? What choice would be of more value to us?
9) What must you do to change the shape of a shadow? How is this similar to our life?
10) If you are having a down moment, is it necessary for you to switch to thinking about and visualizing your desires in order to move back to a high vibration?
11) How great does your trust in the laws and truths that govern everything in the universe have to be before you will use it to your benefit? What does it take to get to this level?
12) When you are in the middle of something that you don't like or is not to your liking what can you do right on the spot to change your life going forward?
13) What must you realize when you experience and feel resistance to moving forward towards what you want? (resistance can be self talk or the circumstances around you)
14) What are four concepts that can really help you turn away from the negative? Explain what makes them so valuable?
15) What is it about a magnifying glass that makes it so comparable to how our mind works?
16) What is a habit, can it be changed?
17) Why is it an unsupportable claim to be afraid of failure or afraid of anything?
18) What is valuable about being aware of issues that draw you into a low vibration?

19) If you wanted to swim further and faster, what would you do and how is this like taking charge of your life?
20) What does it take to master your mind and therefore be a master of your life and take charge of it?

MODULE 3

Week 18

Taking Action to Receive Your Desires – Harvesting the Crop

Before getting into what it means to take action in the context of the law of vibration, let's look at what we have been taught about taking action in our life. I believe when you see the difference it will highly motivate you to operate your life from a vibrational point of view.

To give you an idea of the difference, compare splitting 10 cords of wood with an axe versus using a hydraulic wood splitter? The splitter is very much faster and requires much less expenditure of personal energy. Given knowledge and access to both, why would anyone choose the axe? When you act in accordance with the principles of vibration, you will find it has much the same advantage over living life the way we have accepted. Typically, we "force" things to happen or find ways to "make" them happen rather than leveraging the power of our conscious and subconscious minds which "cause" things to happen and "allows" things to happen. Using our conscious mind to do all the work is like using the ax. Using our conscious mind to instruct the subconscious mind is like pressing the button on the hydraulic wood splitter; once we do, it does all of the splitting work and all we need to do is pick up the end product.

Typically, we grow up thinking that anything we want to accomplish is all about what we do with our hands and / or figuring things out with our

thinking mind (conscious mind). We buy into concepts like, the harder I work the more I will get or perhaps the more approval or recognition I will receive, and that will bring me more benefits. Whether it is your career or anything else, you probably have the line of thinking that if you want more, it has to do with your efforts in the outside world; that is, where you are asserting your physical and mental efforts and perhaps who you are attempting to influence, impress or please.

To show the difference between this world of forcing and making things happen, and the world of vibration and attraction, there is a phrase by Maharishi Mahesh Yogi that I really believe captures it. For the longest time I simply did not understand this phrase, because to understand it you would have to understand the world of vibration. So as I came to understand the world of vibration, what he was saying became clear. Essentially, he was saying that when we switch from using force (physical) to using power (vibration) our life flows much easier. The phrase goes like this. The more you do the less you get, the less you do the more you get and when you learn to do nothing you get everything. As I indicated, when I first read that statement it was so far out of my paradigm that it did not register with me and my beliefs. I may as well have read something in Russian which I have never studied. I had no identification with that phrase what so ever. I was thinking that if anything was going to happen in my life it was because of my physical efforts and my conscious mind thinking to figure things out. I was so wrong; I had to be wrong because I wasn’t even aware of how my subconscious mind played a role in what happened in my life. I was barely aware that I even had a subconscious mind. I was totally missing the information about nature’s powerful endowments to us and how to use them to live our life. While I was thinking, with my conscious mind, about how I could get the things I wanted, what I didn’t realize is that I was actually

preventing myself from getting them, or at the very least I was really slowing myself down; like driving a car with the emergency brake on. ***I was causing myself resistance to the things I wanted by trying to figure out how to get them.*** I didn't realize that my conscious mind was supposed to be giving instructions to my subconscious mind and that my subconscious would figure it out and bring it to me in some way. ***I was using my conscious mind and my physical actions to do the whole job with no regard for my subconscious mind.***

Of course this phrase by Maharishi makes perfect sense to me now. The more you do the less you get means that you are using only your conscious mind and physical actions to get what you want. That is very ineffective and so, relatively speaking, given the energy you put into your actions you get very little back; like using the axe in the wood splitter analogy. The less you do the more you get means you are starting to trust your subconscious mind and therefore, rather than using force and making things happen, you start to turn your desires over to the subconscious mind to take care of how it will come into your life experience; like the captain on the ship giving instructions to the engine room. Of course when you turn your desires over to the subconscious mind, you are effortlessly causing things to show up in your life that are either what you desire or support you in receiving your desires. Again like the captain who issues a voice command, without lifting a finger, a ship made of millions of pounds of metal moves according to his instruction. By trusting your subconscious mind and turning over your detail request, your subconscious mind moves you to a life experience where receiving is far more easy and effortless than in the world of doing.

The last part of Maharishi's phrase says, when you do nothing, you get everything. This means that you have trained your self to use your

conscious mind in the way it was intended, to think about what feels good (high vibration) and also you are allowing the subconscious mind to function as it was intended. Finally you are acting on inspiration, on what shows up that is easy and effortless to act on. When you use your mind effectively, things literally show up out of the blue, your desires or the steps to them literally fall into your experience. It's not magic; it is a simple matter of science. Whatever vibration you sustain in your daily life, you will attract (allow) anything that is at that same frequency to come into your experience, it is a law of nature. Once your subconscious mind makes your desire available to you, or the step to get to it, you need only act on inspiration to make that desire be part of your physical life experience; just like picking up the wood after the wood splitter has done its work. To be clear, when I say a step to get you to your desire, I mean anything that is a good feeling experience, that is the journey to your desire, fun, easy and enjoyable. ***Your actions in the world of vibration are this, you spend your time doing what you enjoy and you use your conscious mind, as you have learned in this program, to set your intention (desire) and then use your conscious mind to sustain your daily vibration at the frequency of that desire.*** This allows or supports the attraction of your desire into your life. When your daily vibration matches the vibration of your desire, then it must come into your life, it is the law of vibration at work. When it shows up, you simply and easily act on it. So even if your life circumstances are not as you like, if you use your conscious mind as you have learned in this program you can cause the life you want to start to unfold into your experience. Using your mind as nature intended allows you to live in your current physical circumstances, that may be unwanted, while you attract the new life you desire with your vibration. When you use your conscious and subconscious mind as nature intended you will manifest your desires easily

and effortlessly. Module 2 of this program showed you many ways to be in a high vibration even when your circumstances are not.

When we live in the world of doing, it is a world of believing solely in action to make things happen. When we live in a world of thinking and feeling, it is a world of knowing that our vibration causes things to be attracted to us and we simply act on inspiration to receive; the organization for it to come into our life is taken care of.

The doing world is one based on limited supply and therefore operates on the basis of competition. This causes fear because we have the thought that there is not enough to go around and we better get our share. This leads to greed, hoarding, pitting our selves against one another and other actions related to securing our survival. This includes spending a life time doing a job we don't particularly like but at least it pays the bills. For many, paying the bills is that sense of security they are looking for, that is, they relate financial security to life security, but we know that the most important things in life cannot be bought with money, like health and loving relationships for example, so it is really a very false sense of security.

The root cause for acting out of fear based emotions such as insecurity, uncertainty and vulnerability is because of the belief in scarcity; that simple, but very damaging belief says there is only so much to go around, and that says what we can get is subject to what goes on in the world outside of us. This is a faulty belief with no basis whatsoever but we have accepted it because we do not get taught the truths and laws that govern the universe. The truth of course is unlimited abundance for all, and that we can attract anything we desire. In the absence of the truth we relate much of what we get and do not get to luck and chance, two concepts which simply do not exist in the world of vibration where everything that happens is the

result of cause and effect. This is such an important point that explains why we keep our selves away from our true and natural expression and therefore a life of fulfillment that I will repeat it. ***The doing world of making and forcing things to happen operates on the basis of scarcity and limited supply. This causes us to compete for those, thought to be, scarce resources, and this generates fear of being without.*** In contrast, the vibration world is unlimited abundance and operates on creative thinking and attraction with more than enough for all.

What we have been taught in the world of physical doing and limited supply, is to seek security versus our purpose, to get that thing before the other guy does, and that when its gone to bad so sad because there is only so much to go around. This has us constantly tense and in stress mode wondering how are we going to look after our self, how are we are ever going to get the things in life we want, and when we do, how are we going to hold on to them. It can also cause us to be somewhat deflated at times, wondering when we are going to be able to spend our days doing what we like and using our creative ideas. Our decisions about where and how we spend our time always seems to have at least some link to making money for our survival at the cost of enjoying life. This whole doing world of competition also affects our self image. Will we ever be good enough to get the job, get the house, get the (fill in the blank). Will we ever be deserving of what is available, and can we ever get enough? Many of our actions are simply programmed reactions based on the faulty beliefs associated with this limited supply mentality. It is what causes us to compare our selves with others and try to “beat” them by being smarter, faster, stronger, prettier etc.; all in the spirit of fear, panic and the like. It’s almost impossible to be authentic with this mindset because you are always calculating how you can

be something more than someone else so you get the goods and / or the approval.

In the world of energy and vibration, there is a natural and unique purposeful expression for each person, there is a natural expansion taking place in each person and there is natural abundance available for each person. When you know you are a being who is able to command energy into form with your vibration, your actions are based on trust and you know that what you need is always available to you and so you operate strictly from a creative mode. You know it is your vibration that attracts what you want and it is your inspired actions that cause you to experience it.

In a world of vibration, you can be relaxed and calm because you know that your needs will always be met. You know that you can do the thing you want to do and abundance will flow to you, there is nothing to “get”, nothing to secure, no one to beat, no need to seek approval, or feel you are going to be left out. It is a world of health, abundance, happiness and harmony for all. How much different is this than the world of doing? Let’s now take a closer look at acting in the world of vibration.

So, if all of the work to make life happen is done by the subconscious mind, what exactly do we “do” in our physical life? If the subconscious mind is bringing everything to us, what is the work that we physically do? What is the job of our body? 1) Through the 5 senses, observe and interpret the physical world so we know when and where to receive what we attract. Once we act on it, we get the experience of it. Further, by observation, we can detect the things we don’t like or want and this prompts us to become more clear about what we do want and change our vibration to attract it. Lastly, it also allows us to correct our immediate actions, responses and what we are paying attention to, so that we keep moving towards our

desires 2) In terms of what we spend our days doing, its really using our body to express our gifts and talents on what we feel passsionate about, it's about enjoying the things that feel good to our five senses. It's about doing the thing that you look forward to every day when you get up, the thing that allows you to express your creativity, your personality and constantly expand what you do. It's not just action, its inspired action, its action with feel good behind it. It is the actions that have you serving others and feeling good about it.

Now if you are in a situation that is not your heart felt desire, you simply have to use what you have learned in this program to get clear about what you want while thinking, feeling and acting in the high vibration ways that you have learned in Module 2. This will cause you to be larger than the place you are in, and when that happens, things will change. What does it mean to be larger; it means to increase your vibration to a frequency that is equal to the desire you have requested. Once you set the vision and vibration on the inside, then "things" will start to happen on the outside to put you into a place that equals that vision. The subconscious mind takes care of all of that outside stuff, so you must be patient to enjoy the journey as the process of attraction is at work. ***This is why you must absolutely raise your trust, belief, faith and confidence in the laws and truths because for a while life on the outside may not seem all that much different, but the new life on the inside is brewing and if you keep it brewing by using what you have learned in this program it will start to take form.*** Again, you must believe what you cannot see, having the faith and patience that it is on its way. Just like ordering that book on line. Just like a hen sitting on the egg until it hatches. Let's take a more detailed look at the two aspects of acting in the world of vibration.

1) The Job of the 5 senses

In addition to providing instructions to the subconscious mind, the second function of your conscious mind is observation and experience. In the world of vibration, observation is critical to you being aware of an opportunity so you can act on it as things can literally drop into our life “out of the blue”. That is a phrase you will want to be comfortable with. Some may call such occurrences miracles, luck, or chance but they are simply science, based on cause and effect. What is important to realize is that the conscious mind simply cannot comprehend the ways and means of the subconscious mind to orchestrate circumstances, it’s not meant to. This is the reason to really have an open mind and be aware of everything that comes into our physical world. If you close your mind to only those things you “think” can happen then you can miss the thing you attracted or the step that will get you to the thing you are attracting. It can be situations that are totally outside of your “normal” thinking. For example in the book the Power of the Subconscious mind, Joseph Murphy recounts a young man wanting to go to university but he had no way to transport himself and had no money to buy a car. He held his dream and “out of the blue” he was left a car in an inheritance. When we get our conscious mind involved in the how, it starts to use logic and probability. These things do more to redirect your focus and get in the way of attraction then help you. The subconscious simply orchestrates what ever is necessary to bring it to life. The more you let go and relax, holding no expectation of how it will come, only expectation that it will, you will see it. When it looks like nothing is under control and nothing is happening, it is happening and your subconscious has everything under control.

When “good” things show up, act on them. A good thing is anything that feels good (without harming yourself or others), can contribute to your

betterment or increase in some way that moves you towards your desire. If someone offers you a book, a job, a trip, a business opportunity, some money or when something or someone shows up that is somehow of benefit or a good deal, act on it. It's the thing you either attracted or it's the step that is helping you to get to what you want to attract, now its time to act. If you don't act you simply are not completing the last step and you will not get the rewards of your intention. That being said, your subconscious mind will not give up on you, you will continue to get opportunities to act on. Also, things may come in a way that do not always have an obvious connection to your desires. Sometimes you may be in a seemingly "bad" situation. Always ask yourself, what is the benefit, what is the good, and how can this help me? You never know how your good will come disguised. If you can't identify the good, at the very least, remember to keep yourself in a high vibration so as not to redirect your focus away from what you desire and into something you don't want, it is coming one way or another.

Sometimes, things do not show up so boldly, but rather in a step that leads to another step and so on that leads you to that which you are attracting. The key is to keep thinking and acting in the ways you have learned in this program because even when things look bleak and like they are not happening, they are. The law of vibration is always at work. Once you sustain your vibration at the vibration level of your desire, that is when it will "pop" into your life.

2) Acting in accordance with purpose.

If you are not doing the thing you love, then your first step is to identify it as you have seen in Week 14. We all have a natural gifts and talents to express. We all have things that catch our interest, things that we are passionate about, and get us excited. And these things are not coming out of

a void, others are looking for us to deliver; what we want to express (or what is seeking expression through us) others want to experience. Again in this symphony of life, we each have a part and the music only sounds “right” if everyone plays their part. Nature insists on beautiful music so it is in full support of you playing your part. Once you identify your purpose, use what you learned in Week 15 to cause the attraction of it and the desires related to it. It is not only your birth right to do and have what you desire; it is your duty because we all have a part to play in the expression and expansion of the universe. Once you are in tune with your natural gifts and talents, your natural interests and creativity will engage you daily and the law of increase will have you seeking ways to do it more, do it better, do it faster. Contrast this with when you resign yourself to working at something for the sake of making money, or what someone else thinks you should do or some other outer world reason. You will be in a low vibration because there will be an inherent level of dissatisfaction and lack of fulfillment related to you not expressing your true self. When this happens, you are directing your attention to what you don’t want and that is what you will attract. It’s like a switch on a train rail, just as the train follows the path that the switch is set to, your vibration is set to the frequency of how you feel about what you are doing. Whatever you put your focus on and sustain it is what is attracted into your life.

Life is meant to be fully lived; it is not for sitting around in a chair waiting for what you want to fall out of the sky, or being on permanent vacation or being in leisure 24/7. Those are part of life and must be balanced with expressing your natural gifts and talents. In fact you will enjoy those other aspects of life much more when what you are doing is what you love; otherwise, you may be using these things as escapes from a life that really lacks fulfillment. How many people work for a living and only really enjoy

life in-between sleeping and their job. That's a lot of low vibration. It starts to explain why we see troubled health and life experiences. How can we really expect a fulfilling and satisfying life with such a high percent of our vibration in the low zone? What makes for the real sweetness of life is waking up to do the thing that excites you, allows you to use your gifts and talents and to be creative and continually expand, all the while with the satisfaction that comes from serving others. This puts you in a very high vibration and the doors of abundance open wide. As the phrase goes, you don't have to think about what your getting, just about what you are giving, and when that giving comes from your natural expression, out of your heart, that is where health, happiness and harmony live. The pleasure of life is also to experience the magnificence all around us and enjoy the gifts and talents that others are expressing. This is the fulfillment of life where everything works easily and effortlessly, and abundance, in all of its expressions, flow into your life. Contrast this with getting up and drudging, to some degree, through 8 to 12 hours just to get a couple of hours at the end of the day to feel good. You have to know those two different ways of life are going to produce different vibrations and therefore different results.

As you start to incubate your desires, your life will probably be much the same, but if you persist with thinking, feeling and acting as you are learning, your life will start to change to match the changing vibration. As you continue with the incubation process, your desire will, at some point, appear or you could say once your desire appears you have completed the incubation period. You really don't know exactly when but you will have a hunch, if you hit the mark great, if you need more incubating that is great too. It's all in right time as far as the universe is concerned.

To further emphasize this process of incubation, that is, trusting and having patience for the process of attraction, consider the following: Let's say you take a trip in your car and you are closing in on your destination. But then, despite being on the right road and going in the right direction according to instructions, you proclaim, this is taking to long, I must be on the wrong road and you turn on to a different road. What is happening now because of that choice is that you are getting further from your destination. You may end up going in circles until you give up. This is very similar to what happens in life, we don't trust the process is working so we either give up acting on our dreams, give up thinking about our dreams or both. We may be almost at the target and then go back to old ways, not trusting the process and therefore drifting away from our dreams. We may get motivated to go after our dreams again at a later time when dissatisfaction increases; doing all of the right things to move toward our dreams and causing them to move toward us, but again give up before we get there. This drawing in and drifting away pattern for many continues throughout life. We get excited and use what is in this program and draw within a kilometer, then 3/4 of a kilometer, then 1/2, then 1/4 of a kilometer, and then we let fear, doubt and worry creep in and hijack our focus which causes us to recede back to 1/2 kilometer, then 3/4 of a kilometer etc. There is an image on my website that illustrates this point. It can be viewed at http://highervibrationsnow.com/?page_id=1116 and is called "What would happen if we did not give up". This is a really important point for you to grasp because there will be days when you think you are not getting any closer, wonder if it is working and think about giving up, but you must stick with the program, keep using what you are learning until you make it a habit. It is the only way you will arrive. You can't keep the benefits of a high vibration life if you go back to a low vibration. You get the old low vibration life back. What you are

learning here is a new way to use your mind on a daily basis and this will be the new way that you use your mind naturally going forward.

There is one last point to make here with regard to two of our faculties of mind and acting in the world of vibration. I mentioned in the program about imagination and how early in our life we get it put in a box, meaning that when we had dreams and visions and expressed our ideas, many times someone, somewhere came along and let the air out of them by thinking they either couldn't happen, they weren't practical or "realistic" and we needed to conform to the "norm". The fact is that our positive creative ideas got put in the box but our imagination in general continued to run full speed. Unfortunately we unknowingly trained it to work with negative emotions such as fear, worry and doubt and so we regularly use it against our self. It is equally as powerful regardless of whether we use it with positive imagery or negative. This is another huge reason that you must learn, accept and trust the workings of your conscious and subconscious mind. The other faculty I want to mention here is intuition. It tends to get totally ignored in those growing up years but like imagination it is a very powerful and important aspect of who we are as a human being. Earlier in the program you learned about meditation, quieting the conscious mind, setting it to specific imagery and impressing that imagery to your subconscious mind. You also learned that to be void of negativity means you are reducing resistance for your desires to arrive. There is one more item that happens when you quiet the mind and that is you can get "a knowing". What is a knowing, it is just an idea that pops into your conscious mind, an answer, guidance, an insight. This is your intuition and it is part of your guidance system that you will want to get in touch with. This knowing happens when you hold an intention to receive an answer while your mind is at ease, relaxed and peaceful. Meditation can help train

you to be aware of it, but you can literally get that knowing at any time. When you do you will want to act on it because it is guiding you along your journey.

To help with understanding how attraction and action work together see the article on my website called "Action and Attraction" at http://highervibrationsnow.com/?page_id=1105

Exercise 1 of 8 – Writing out your list of priorities

Mind Mastery Area 3
For the next 7 days, write out the priorities for your day as follows to start a habit of practicing the vibration that will attract your desires.

Writing out your priorities is a way to make sure that what you are physically doing is in alignment with the sustained focus you learned about in Week 17, that is, acting in a way that is congruent with your high vibration thinking. When you do this you are supporting yourself to be at the vibrational level required to attract your desires. In other words, you not only want to think about what makes you feel good and think about your specific desires, you want to act on them as well. If the thought of walking makes you feel good, then go for a walk. If the thought of riding a horse makes you feel good, then ride a horse. If taking photos makes you feel good, then take photo's. You also want to do things that are connected with your desires as long as they feel good. To be clear, when you think of your desires you want the feelings of eagerness, joy, fun, excitement, expectation, enthusiasm and presence. If you engage in thoughts and actions related to your desires that put you in a feeling of their absence, that is a low vibration and you must use other ways of feeling good. Always move away from low vibration feelings as quick as you can. If you can feel

good about your desires, consider the following actions for example. If you want to take a trip, check out information about where you want to go, get excited to talk with people about it, do things that make you feel like you are on the trip. If you want a new car, test drive one. If you want a new piece of clothing, try it on. This will boost the enthusiasm for your visualizations and imaginations. By setting a priority list you are helping yourself to make sure you spend your time doing the things that will put your vibration at the level that will allow your desires to show up in your life. We all know that life can get busy and "siphon" your time away. If you allow that then your actions are not supporting your desires and you will be less effective in attracting what you want into your life.

Exercise 2 of 8 – tracking your effectiveness in feeling good

Mind Mastery Area 3
For 7 days, each day, keep track of how effective you were to act in ways that brought out the feel good. You can score yourself by checking off the items on your priority list (from Exercise 1) at the end of the day. Did you do what you planned to do? If not, what did you do and how much of your day was spent doing things that put you in a low vibration?

I will also add that if you are in a place that you don't want to be, a job for example, that is when you use what you learned in Module 2 to act in a way that will keep your vibration up no matter what is going on around you. Keeping your vibration up is the only way you can attract a different situation, one that you do like. For example, if you have a relationship with a coworker at your job that is negative in nature, what can you do that you have learned in this program to sooth that relationship or your perspective of it. What can you do to keep your self in a high vibration when interacting with that person. This would probably be a good time to revisit the article

on my website called Patience – The Road to Your Dreams at http://highervibrationsnow.com/?page_id=403.

Exercise 3 of 8 - Acting through fear

Mind Mastery Area 4
Set a goal to do something that you have been holding yourself back from because of some type of fear. This could be the fear of failure, the fear of losing someones approval, the fear of risking your security, the fear of being judged and so on. You can simply set a small action in place and keep taking whatever size steps feel good to move through that fear. Be careful not to create too much stress or you will give up, but enough of a reach to move you a little forward. If you will reach out of your comfort zone in the smallest of ways it will move you to a place of empowerment, realizing there is nothing to fear. Remember to use your tools to attract what is needed to help you realize this goal. This exercise will show you that you have the independent power to be, to do or have anything within the realm of what is in your heart felt desires. If your action feels good, then you are tuning to the frequency of your desire and not only are you moving to it, but the law of attraction will cause it to move you. As you build your confidence in this process you will reach further and gain certainty of your power and that you are truely in the driver seat of your life. If needed revisit my article called Fear vs Faith on my website at http://highervibrationsnow.com/?page_id=462. Also the article "Truth of Abundance" on my website at http://highervibrationsnow.com/?page_id=348 will connect you with who you really are, a powerful, creative being, born for success, happiness, health and abundance.

Exercise 4 of 8 – Acting in harmony with what you want to attract

Mind Mastery Area 4

As you have seen throughout this program, we often (unconsciously) use our conscious mind erroneously and ineffectively. We either have it jumping around from topic to topic with no real focus or we focus it on something (past, present or future) related to a negative feeling thought such as a thought that brings on fear. This of course keeps it busy in an unproductive way and significantly causes resistance in terms of attracting what we do want, and while giving us more of what we don't. In this program you have learned many ways to focus your conscious mind and use it effectively and as intended. In this exercise we will add to that.

Another function of your conscious mind, in conjunction with your 5 senses, is to objectively observe what is happening around you. It is only through observation and awareness that you will be able to identify and act on those things that are dropping in "out of the blue", or are actually in your every day life but you have not identified the value of them. Of course to really be effective at observation, you need to practice the discipline of detachment that you have been made aware of in this program. Emotional detachment enables you to remain objective. Emotional attachment causes you to loose objective observation. Detaching allows you to slow your mind down and that is necessary for effective observation. When your mind is busy you simply miss those things that are leading you to the realization of your attraction.

For the next 7 days practice detaching, observing and being aware of what is really going on around you. What gold nuggets, what clues, what guidance is coming into your life. What is showing up "out of blue"; unexpected things, things that come in unexpected ways. What things are in your life every day that are there to move you forward but you have not

been allowing yourself to connect with them and their message. The universe is working in ways we cannot fathom with a level of resources we cannot fathom. Leave the universe to its work and you do your part which is to capture the opportunities and anything related to helping you realize your dreams, visions and desires; and act on them. Keep a journal of what you find and what your action was.

This most likely is a new discipline and you may forget to engage observation throughout the day in amongst the busy-ness of the day, if so, at the end of the day just do a quick scan over your day. When you look over your day, see what you can pick out that was something you could have benefited from in terms of what you are attracting. Remember, these things can come in all shapes, sizes, and colors and what may initially look like something of little value, a nuisance, or annoyance could actually be a real gold nugget if you observed it a little more closely. Further when things come easy we tend to dismiss them as not of value because we have a belief that says life is hard and we have to work hard to get things.

Did you ever think of getting a red car and then you started to notice all of the red cars in your day. That is not by accident, that is attraction. This law applies to every thing you give focus to, the focus will invite that which you give attention to (when you have a sense of excitement and expectancy and an absence of resistance). If you need more help with your confidence to prove that you are an energy being able to attract “things” to yourself, the book E Squared by Pam Grout is an excellent resource.

If you stand back and look at this process of action and attraction, it’s really very easy. You establish what you want to attract and plant it in your subconscious mind. And remember you may do this consciously or unconsciously as was covered earlier in the book, that is, you may have a

strong desire, or simply by experiencing what you don't like, this causes you do ask for what you do want. After that, you simply go about your business in a calm, relaxed and peaceful manner knowing that everything is being take care of. You find a high vibration perspective about everything in your day. You reduce resistance by turning away from negativity and engaging your mind and actions in topics that feel good and put you at the frequency level of your desire. It is then simply a matter for you to take inspired action for the delivery, or on the steps to get you to the delivery of your desire. It is like that book you order on-line. You put in your order, trust and let the process work, a few days later you pick it up. To illustrate this process of action and attraction see the diagram on my website at http://highervibrationsnow.com/?page_id=1105 called "Action and Attraction". The moment you start trying to make it happen rather than simply choosing to act on what comes to you, you are causing your vibration to lower. This causes resistance to what you do want but opens the door for you to attract what you do not want. The focus and attention of making something happen is full of thoughts that you don't have it, that is, its absence, and that causes it to remain absent.

Exercise 5 of 8 - Acting on the good

Mind Mastery Area 4

For the next 7 days, increase your awareness to look for the good in people and situations and how something can be helpful or turned into a benefit. Act appropriately on whatever good you find or what good you can bring out. Keep a journal of what you find and what your action was or at the very least, if you don't find the good in an unwanted situation, what did you do to stay in a high vibration (because the good will sooner or later reveal itself to you).

Exercise 6 of 8 – Act as though you are

Mind Mastery Area 4

For the next 7 days, at the end of each day, rate your effectiveness on a scale of 1 to 10 with regard to "acting as though you are …" in situations where you are not. For example, if you feel emotionally down, act as though you are happy, as though something good was happening. In other words, fake it until you make it or pretend. Your subconscious mind does not know the difference and you will cause the attraction of positive circumstances which is what you are after. This is your world; you are ultimately the only one that can turn your life around to the direction you want. So, if you want to be a giver, just don't think about giving, act like a giver, do things of a giving nature. If you want to claim your abundance, just don't think about it, spend some money, it does not matter how much, the act of spending is a vibration of having and therefore more will be returned. ***As long as you feel good about what you are thinking and doing it will cause an abundance of your desires to open up in your life.***

Exercise 7 of 8 – Acting on your intuition

Mind Mastery Area 4

For the next 7 days, during your meditation or really any time of the day (you will need a relaxed mind), make note of any insights, answers, ideas etc that pop into your mind. Make note of these things and act on them as applicable to your desires or being engaged in feeling good activity. If nothing is apparent in terms of acting on anything, keep that note handy as something may reveal itself in time.

Further when you are looking for answers or awareness during the day. Quiet your mind, ask your question and remain calm, relaxed and peaceful.

You don’t need to dwell on it, just roll it around in your mind, release it and go about what you are doing. Note anything that comes to mind with regard to your question. Use your intuition even if you are simply looking for your misplaced keys. But remember if you are anxious, tense, or up tight in any way, you will not connect with the knowing from your intuition.

Exercise 8 of 8 – Acting with all of your heart and soul

Mind Mastery Area 4

For the next 7 days, each day, on a scale of 1-10, make note of how productive you were during the day; that is, did you put all of your power and focus into the task at hand with a positive attitude; did you produce the best quality work that you could with each act? Did you leave others with a sense of increase, that is, that you are moving forward and they could to? Would they have felt that being around you would enhance their life? Could they feel your passion for your vision, dreams and desires? Could they feel you were bringing the best out of yourself and them, enhancing their life in some way? Ask yourself, was I a bright light today? Did I influence people to be positive, see the good?

Questions

1) How is the advantage of using our conscious and subconscious minds effectively like the advantage of using a hydraulic wood splitter to split wood rather than an axe?
2) Is it true that the only way to get more is to work harder? Why or why not?
3) What is the difference between force and power?
4) What happens when we attempt to use the conscious mind exclusive of the subconscious mind?

5) When we live strictly by force to get what we want, what are some of the things it causes?
6) When we live in the world of power, what are our actions?
7) What does it mean to be larger than your place? How does this help you experience the life you want?
8) How does having a closed mind or being very set in your beliefs interfere with living in the world of vibration?
9) How can a seemingly “bad” or “bleak” situation help you? Do they mean the attraction process is not working, explain?
10) In terms of the law of vibration, how can you derail your life?
11) What are the consequences of not expressing your true self and purpose?
12) Explain why we only need to think about what we are going to give, not what we are going to get?
13) Why do you need patience and faith to effectively live in the world of vibration?
14) How does action and attraction work together?
15) What does it take to rise above fear?
16) What are the two faculties of mind mentioned in this weeks material that can really help you in the world of vibration and why?
17) What is meant by inspired action?
18) When things come to you “out of the blue”, is it because of luck or chance? Why or why not and what is it that helps you to be aware of these things that come out of the blue?
19) What is the value of acting as though you are?
20) What is the benefit of being aware that you are in a negative emotional state?

21) What will happen if you simply disengage from negative energy and focus all of your mind space on your dreams and desires and a high vibration?

MODULE 3

Week 19

Monitoring the Status of mastering your mind and Taking Charge of Your Life – Taking Care of the Farm Monitoring Your Progress and Mastery

You now have all of the information and know-how needed to take charge of your life. You simply have to use it everyday until it becomes a habit. Once it becomes a habit you will be the master of your mind, your emotions and your life. When you are a master, you attract intentionally, when you are not you attract by default; that is, whatever the dominant vibration within your subconscious mind happens to be (from old faulty beliefs and what you are allowing to influence your thinking and feeling).

In this program we have covered the four areas of mind mastery needed for you to take charge of your life. I call the four areas, The Four Legs of Mind Mastery. You can think of them like the four legs of a chair. When the legs are strong, the chair will hold you up, and when they are weak they will let you down, even if one leg is weak. Once you have mastered each of these legs, you will be the master of your mind and therefore your life; that is, you will be using your mind in a way to attract what you do want rather than what you do not want. Living as a master of your mind versus not is like the difference between sitting in a strong comfortable chair and one that is uncomfortable, shaky, tipping over and collapsing. And just like sitting in a broken down chair leaves you at a lack of ease or dis-ease, lacking mind

mastery will create a lack of ease or dis-ease in your life because you will unknowingly cause yourself some degree of dissatisfaction to which you will not effectively understand how to change.

Throughout this program you have gained knowledge and completed exercises that enabled you to master each of the four legs. Below I have identified each leg and outlined the information and tools in this program needed to master it. I have also included in this week's material a set of monitoring tools that enable you to measure your level of mastery as it pertains to each leg. This format of looking at mind mastery is very powerful as it allows you to immediately pinpoint what you need to work on if you find you are not getting the results you want in your life.

After you read through the following section "The Four Legs of Mind Mastery", you will see the monitor questionnaire for each leg, and they will help you to know your level of mastery for that leg. It would probably be a good idea to do the questionnaire after reading through this section to see where your level of mastery stands. If you need to improve any area, you can use the Program Exercise Summary by Category at the end of the book. It shows all exercises and other references that pertain to each area so it is easy to find, review and practice an area to increase proficiency. If you organized your exercises by mind mastery area as you went through the program, your mind mastery tool box will be organized for quick access to all exercises that pertain to a specific area of mind mastery. You may want to look at the monitor questionnaires periodically for a while until you are 1) certain that mastery has become your habit or 2) to catch any area that you may be starting to need some attention on (before it causes a negative effect on your vibration and results). The questionnaires will enable you to

find out where you need work, and then you can simply do it and restore your mind mastery.

The Four Legs (areas) of Mind Mastery

1) Knowing your true self
2) Knowing and telling your story (your dream or ideal life)
3) Maintaining a high vibration
4) Actions in a universe of vibration

1) Knowing your true self

Embrace that you have a birth right of abundance, success, creativity, well being, fulfillment and a power to attract your desires. You may have been taught this directly or indirectly but if not you will need to understand these following elements about your true self in order to intentionally manifest a satisfying and fulfilled life in all areas:

- the function and power of your conscious and subconscious mind
- the truth of abundance
- the three components of self – source, subconscious and conscious
- energy is limitless, everything is energy, we command energy through vibration
- the language of vibration is feeling (you are in charge of your feelings)
- the law of vibration (like vibrations attract – you are in charge of your vibration)
- the law of expression (nature endowed us with gifts and talents and a purpose to express them for our fulfillment and in the service of others)
- the law of increase (the desire to expand is inherent in all of nature. It is the fundamental movement of the universe. Every living thing has within it the impulse for continuous increase and advancement)

When you completely embrace your true self and the laws of nature that govern cause and effect of life, you absolutely know that there is nothing working against you but instead there is a power that supports you and is working for your success.

To know your true self is to know completely and absolutely (with every fibre of your being) that you have the power to attract what you desire, and you do it every moment either intentionally or unintentionally. In having complete trust, belief, confidence and faith in who you are, it will allow you to feel expectancy, anticipation, and excitement for your true desires (just like the way you felt the day before the second date when starting a new romance). These feelings are essential to attracting what you desire. To see an illustration of your true and complete self, see the diagram on my website at http://highervibrationsnow.com/?page_id=1417 called "Self Alignment". To get a full description of your true self and your relationship to the universe you can review my article called "The Missing Pieces".

2) Knowing and telling your story (your dream or ideal life)

Identify the experiences that make you feel good. Identify what you are passionate about, interested in and desire in all areas of your life. Be able to experience these things in your imagination; feeling the emotions of them, add the sense of touch, taste, smell, sight and sound. Talk about them like a really great and cherished memory or as though you are being interviewed about having experienced these desires.

To do this you will need:

- to be able to articulate what you don't like for the purpose to clarify what you do
- to use your imagination intentionally

- to use your mental will to focus your attention, intention and hold the image
- sustain the feeling of your desire
- a purpose for this desire (why do you want it)

3) Maintaining a high vibration

By sustaining a high vibration, we are maintaining our frequency at the level of our desire and that will cause it to show up in our life, easily and effortlessly. Essentially, when in a high vibration state, there is no resistance to our desires flowing into our life. It is only when we give our attention to what we don't want and what does not feel good that causes our frequency to be low and therefore unmatched to the frequency of our desires. When there is no match, the law of vibration will not put us together with our desires. That is the resistance; a low vibration energetically holds us away from what we want. Think of it like driving a car, if your emergency brake is off and your tires are inflated, the drive goes along much more easily than if the brake is on and the tires are flat. When we are in a low vibration, it is like putting on the emergency brake and driving with flat tires.

It is in the living of our passions and purpose that we maintain a high vibration and therefore match the frequency of our desires. When this happens they flow easily into our life. That is our birthright. If we choose low vibrations such as worry, fear and doubt, and other low emotions around our image and worth, it is like having the flat tires and emergency brake on. When we choose low emotions, we are causing our self to be matched up with circumstances and life experiences that are at that frequency, and consequently we do not get the life satisfaction we want. That is a high price for denying our passions and choosing negative feelings.

Practice the following as part of your daily life to maintain a high vibration:

Gratitude, abundance mentality, giving, compassion, empathy, understanding, doing your best, finding the good, living in the present moment, surround yourself with high vibration people, live a high vibration life style including thinking about and doing things that cause you to be in the feeling of high vibration. As long as your dreams and desires take you to a place that feels good, then think about them, talk about them and take actions that are related to them, but if they take you to a place of absence or not feeling good in some way then simply re connect with who you are and use other topics or subjects to get into a better feeling place. If something you don't like is very present in your current life, find a different perspective or be more general in your thoughts about it so you reduce the resistance.

If tempted to a low vibration consult your tools:

What I do want list, and why (this is your world, your story), gratitude list, abundance list, success list, good qualities list, feels good list, I am list, victory list, declaration statement, I wonder statement, What would it take statement, What if statement, how does it feel statement, it's OK statement, it's alright statement. Ask questions (and listen for the answer in your intuition – you need to be calm and relaxed). See your vision (go to your happy place of peace and serenity in your mind). Use your mental movie projector to move one image out and another in. Think of your desires as having been ordered and now out for delivery. Visit your vision board or your dream book that shows your ideal life. Be aware to practice detachment, acceptance, defenselessness, non-judgment, just see everything as an attraction of your vibration, take a meditation break, or do something that feels good. Use the law of vibration cycle diagram to find and root out

faulty beliefs; consult the 50 + ways list to stay in a high vibration, check content on my website. Review the articles on my website, The Missing Pieces, The Truth of Abundance, Fear vs Faith, Patience – The Road to your Dreams. The Road to Your Dreams (with diagram). Your Emotional Guidance System, Why Everything is OK, and Training Your Vibration. Use the thankful statement for fear, worry and doubt. Read a book, listen to an audio, video that connects you to your source energy. Use your mind not your mouth, just feel thankful that the situation is making you aware of a vibration you are offering, apologize, empathize, validate the others feelings or ask a question from a detached point of view. Find humor and don't take yourself so seriously.

If tempted to talk about people, talk about them as becoming, in the process of self discovery and self identification. Talk about them as your vibrational feedback, as helping you or needing your help from a vibrational perspective versus a circumstantial perspective.

If tempted to take something personal and go to a negative feeling, realize that the other is revealing a vibration pattern in you. They are showing up to help you to identify and release a low vibration pattern. Be thankful for this, it is a gift that will help you to improve your life experience. Ask yourself, what is this telling me? How did I get into this low vibration? Use the law of vibration cycle diagram to help you trace the feeling back to the thoughts and back to the belief, then use the laws to see how it is faulty, diffuse it and replace it with the truth. Have a feeling of gratitude for the opportunity to raise your vibration. Also think about compassion; that is a great way to turn the situation into a high vibration. What are they feeling, how can you be helpful.

If you are not negatively affected by a situation where someone is exposing you to some unpleasant behaviour, then you are effectively practicing detachment. When you do this you are providing them with an opportunity to identify what they are thinking and feeling that has them in a low vibration and therefore what needs to change in their thinking and feeling to shift to a high vibration. Remember **the way people treat you is their Karma, how you react is yours.**

If you are tempted to talk negatively to yourself about yourself, realize that is only a distorted belief about who you are in your subconscious mind. When these beliefs have momentum they can be triggered very easily by what is going on around you and thus you hear that voice. To displace that voice you must identify with the truth about who you are. Look at your "I am list" and pick one, write it 5 times. Look at your other lists. Review the articles I mentioned earlier in this section to identify with who you really are. Particularly the article "Your Emotional Guidance System". Use affirmations and visualizations to connect with your desires and see yourself enjoying these things, feel them. As you connect with your true self more and more, your self talk will turn kinder, more gentle, compassionate and full of love, understanding and ideas.

If tempted to be fearful, realize that fear can only exist where there is a lack of the truth of who you really are, how powerful you are and the laws that you have learned about in this program. Study, understand and apply what you have learned and fear must disappear, in its place will be faith, trust, belief and confidence. Fear is based on lack, limitation and scarcity and those things are false and therefore fear is false. What is true is abundance, your power to attract and the support of nature for your success. With this truth, what is there to be afraid of. There is enough for everyone and

everyone can attract to themselves what they desire. Practice the truth until it becomes your truth.

Ask yourself in any given moment, what am I thinking about, right here, right now, is it what I want or what I am experiencing that I don't like or a negative voice. Take charge of your thinking to "see" what you want to see in every moment. Engage your story, your world. In my world … Whatever thoughts>feelings you pick in the present moment IS YOUR FUTURE. Your future is not controlled by anything else except what you choose in the present moment. In fact, rather than saying what are you thinking about, I could say **what thoughts are you practicing**. If you think of thoughts as something to practice and that practicing high vibration thoughts will give you the life you want, you are much more motivated to practice high vibration thoughts.

4) Actions in a universe of vibration

Act in accordance with your high vibration practices as stated in the previous mind mastery area 3), for example, if you are thinking something nice about someone, tell them. Reach out and help someone, do something for yourself, treat yourself like royalty etc.

Act as though you are the person you envision and experiencing the life you envision. Rehearse a speech or an interview, sit by the side of a pool, take a car out for a test drive, try on an article of clothing, or research a topic of interest.

Set daily goals related to your desires. They can be whatever size you are willing to commit to. Then do them, this will build confidence and confidence will build self image. Increased self image will increase your vibration and allow the manifestation of your desires. When you are

engaged in an activity, ask yourself how it is helping you to realize the life you want.

Prioritize your goals, activities and do what is most important to move you in the direction of your desires. What moves you to your desires is always the things that feel the best so make those the highest priorities. That may be something directly related to the desire or simply something that feels good and puts you on a high frequency.

Do things that challenge your fears and risk disapproval. Not in a reckless way but in relation to something you have a heart felt desire for but feel inhibited to act on it. Again, do this in small ways so as not to cause too much stress but enough to help you break through the comfort zone and fear barrier that is holding you back. When you do act in this way it will almost certainly cause you to feel fear, but the more you trust in the laws and the more you know your true self, your confidence to act will be greater than your fear and you will act in spite of the fear. You don't have to completely remove fear before acting; you just need your confidence to be greater. As your confidence about who you really are increases, you will have a knowing that things will work out when you live by the laws. Also, when fear arises you can dissect it, it has a root (belief) and you can "root that belief out" by creating a new belief and giving it all of the attention. When you do this it becomes the new dominant vibration that causes what is attracted into your life. This new belief will support you in experiencing your desires. Learn to look at fear and other negatives as your friend, thank them for showing up and use them to help you build new beliefs based on truth.

Instead of running around and forcing things to happen because there is a feeling of insecurity and uncertainty, of worry, fear or doubt, simply do

what you are doing but do it with a high vibration attitude. Once you sustain a high vibration, you will attract those things that reside at that high frequency. Once you sustain the high frequency, things will start showing up that reflect that high frequency and all you need to do be is present, aware and willing to act on your feelings of inspiration in order to receive what you attract. If you are feeling strongly compelled to act on something, it is your sign that it is what you attracted, if not then keep working on sustaining a high vibration.

To really experience the law of vibration, it is about attraction and action, an easy effortless cycle where all of your actions are simply to enjoy the fruits of what you attract. Make sure all of your action is inspired action or action that simply causes you to feel good. Also listen to your intuition telling you the way to go and act on it.

Exercise 1 of 1 - Monitoring Your Mind Mastery Effectiveness

Knowing your proficiency in each are of Mind Mastery

Now that you have a clear understanding of the four legs of mind mastery, how do you know how effectively you have mastered each? To help you with this, I have setup a monitor questionnaire for each leg. The monitor will increase your awareness with regard to the level of mind mastery proficiency that you have achieved in each area and also show you where you may need to give more attention to further increase the level of mastery. The Monitors are as follows:

The True Self Monitor knowing who you are
My Story Monitor knowing my story, what I want, dream and desire
High Vibration Monitor knowing how to allow what you want in your life
Actions Monitor knowing when and how to act to realize your desires

I have made each monitor a separate document for ease of access and use / reuse. You can access them on my website under the questionnaire section. This would be a good time to review and score the questions on each monitor.

Below is a scoring guide with regard to how to interpret your results on these monitors. This guide is referring to the average score for each leg. That being said, your average may be high for any particular leg, which is great, but do pay attention to the individual scores in that leg. If the average is made up of a low score, you will want to focus on that low score item so as to improve your mastery of it and the overall effectiveness of that leg. The great thing about the monitors is that they will show you exactly what you need to work on to improve your mind mastery. Remember for best results you need four strong legs.

If you score 9 or 10 on all of these monitors you are living the life that you want with very little that is dissatisfying and if it is, it does not last as you are quickly able to turn it around with ease.

If you score 6 to 8 you are living some things you want and some you do not. Pain, dissatisfaction, displeasure and discord are probably minimal and tolerable but there is a risk of those things growing. There may be some things that are pushing your willingness to tolerate.

If you score 5 or less, you probably are not having much fun in life and your degree of pain, dissatisfaction, displeasure and discord are probably very prevalent, with the lower the score the more prevalent. You probably have pockets of feel good but they are few and don’t last long or you may have one or two things that keep you going but many others that are in need of help.

Think of the monitors like the instrument panel in a car. The panel has gauges and lights that constantly let you know the status of your driving and of your car. Knowing the status allows you to be in charge of your driving experience. As you watch the gauges and lights you can respond accordingly in real time to correct any issues and enjoy a safe and trouble free ride. Imagine if you did not have a panel, you would not know if your driving speed was appropriate for the zone you were in. Also, you would receive no alerts or see no changes in the operation of the various vehicle systems. The result of course is that you could be driving your car in a way that would either cause you trouble or cause damage to your car.

The monitors do for your life experience what the panel does for your driving experience. They let you know the status of your mind mastery, or to put it another way, your level of effectiveness in taking charge of the quality of your life experience. As you use the monitors, if you spot an aspect of mastery that you are not using effectively, you can attend to it. That will enable you to continue to attract the life experiences that are desirable and pleasant.

Without the monitors, we have no early warning that we are using our mind ineffectively and therefore we don’t figure it out until we attract something unwanted into our experience. Also by the time we have the physical experience that we don’t like, it is much more work to turn it around then if we catch it and make changes in the early stages. Think of it like this, if you can stop something rolling down hill before it starts, it’s much easier than once it gets some speed up! If we use the monitors as the early warning sign and make a change before the trouble, life runs much smoother. Another analogy would be this. In thinking about operating a car, would you want to get gas before you run out or after? Same thing with operating your life,

would you rather make adjustments before you experience trouble or after, that is the value of the monitors, they allow you to be proactive and keep your life running as you desire.

Another important aspect about the monitors is that they will show you that you are improving; this let's you know that you are on your way to causing the attraction of the things you do want to experience in your life as long as you persist in using your mind in the ways that you have learned in this program. Remember, there is a delay in doing the work and getting the results. The amount and speed of change you see is directly related to your dedication to doing the work in this program and therefore sustaining a high vibration. Seeing the monitors increase and even little changes in your life will keep you motivated to continue to do the work and this will cause you to enjoy greater levels of mind mastery and therefore life satisfaction.

It is imperative to realize that the first "tangible" indicator to tell you that your work is having an effect on improving your life is how you feel. Feelings come first before anything physical changes because feelings drive the vibration which causes the attraction. Further, feelings are the result of thoughts and you choose your thoughts. So in doing this work, what really changes is that you become more aware of what you are thinking and feeling and you start making how you feel your highest priority; not basing your feelings on what goes on around you or the appearances of life, but from what you ***choose*** to think about within yourself and what you ***choose*** to "see" in your mind. Physical world changes will come as long as you do the work to raise the frequency of your feelings, regardless of what is going on in your world. ***When you base your thoughts and feelings on the truth of who you are and the laws, this is mind mastery; when you intentionally turn your thoughts and feelings to what you want even when things***

around are not as you want, then you have mastered your mind. **The higher the mind mastery the greater the life satisfaction.** ***When you realize that circumstances are simply the manifestation of yesterday's vibration, it frees you up to focus on what you want rather than what is physically happening around you.*** In this program, you have accumulated a tool box of techniques to help you do so.

Like the car instrument panel tells us about "imbalances" in our vehicle, our body and our life circumstances are excellent at letting us know about imbalances in our energy frequencies. We can hide our feelings with our words and actions, but our body and circumstances make us like an open book, clearly revealing what is going on with our vibration. Where ever you find a body and / or life circumstance with pain, discomfort or dissatisfaction you will find a person that is engaging in low vibration thinking and feeling. Where ever you find a person that is manifesting dissatisfying results, you will find that person is using the law of vibration against themselves instead of for their benefit. The only reason we would do that is out of disbelief or mistrust in the laws, or lacking the truth about our power and / or our persistence to use it effectively. This is why the monitors are so important; they tell you exactly what you need to work on to get the benefits of the laws and of your true power.

Without knowing the information in this program, most people are oblivious to the shift that is going on in their vibration as related to the happenings and appearances in the outside world. People in general are not aware of the impact of allowing their feelings to go up and down with the events of the day. What happens when we attract something good is that our feelings go up, vibration goes up, the body feels good that the attraction of what we desire is in the process of manifestation. However, when we attract

something unwanted, we feel negative emotions, our vibration goes down the body feels not so good and our focus is taken away from what we want and put on what we don't want. ***When we allow this up and down shift to happen, its like we tell the universe we want our desire, then we tell the universe we don't want it in a repeating cycle of I want, I don't want. What we really need to learn is to sustain a high vibration no matter what is going on around us.*** When we do this, our life becomes more of an experience of easily and effortlessly attracting what we desire rather than wondering what is around the corner. When we do take charge to keep our feelings in a state of high vibration, our body will reflect a much more consistent state of health and well being. This is because a state of high vibration emotions keeps us in alignment with our source self which has the blueprint for perfect health.

If you were to track how you feel each day, you would see a correlation between what you feel emotionally and how your body feels physically or how you feel from a mental health perspective. In knowing your body responds to your emotions, wouldn't you rather be the one selecting your emotional state rather than allowing what is going on around you to select them? If you ever experienced deep emotional upset, you would have experienced physical symptoms such as having your energy zapped, lost appetite, having your drive for just about anything taken away, headaches, neck aches and many other physical symptoms. The deeper the upset the more severe the physical symptoms tend to be.

In the process of monitoring our vibration and mastery of mind, note this, the subconscious mind cannot take a joke. What this means is that whatever feeling you hold, it is the vibrational instruction, period. Your subconscious mind will not sort out what you are sending; it gets the vibration only, no

context, no interpretations. So be mindful of sarcasm, slurs or any kind of foolery, or metaphorical thinking. If you continuously tell jokes where you are painting a picture of lacking something in your life, calling yourself a looser or down in some way, or relating such things about the lives of others, don't be surprised to see that joke turn into your reality. Be very careful with your word-thought-feeling-image combinations, whether it is about you or another, the vibration lands in your subconscious and affects your life. Just listen to conversations around you and watch how many people do this completely unaware of its affect.

Questions

1) How is the lack of mind mastery like sitting in a chair with a broken leg?
2) If you are not getting the life results you desire, what can you do to identify why and address it?
3) What are the four legs of life mastery?
4) Do you need to master all four legs to master your life? Why?
5) What would be the consequences of having no gauges or indicator lights on our car instrument panel and how does that relate to the effectiveness of mastering our mind?
6) Despite what we may say to people, why can we not hide what is going on in our vibration?
7) Why does working with circumstances not change them?
8) Why do you have to be careful with your feelings?

MODULE 3

Week 20

Program Summary

Congratulations on your commitment to yourself for completing this program. I suspect at the very least you have a greater awareness of who you really are; that is, your vibrational nature, your personal power and how the choices you make are the cause for what you experience in your life. You now realize why you are responsible for your life and how to take charge of it.

You now have the knowledge and the tools to be a master of your vibration and therefore your life. How effectively you use your personal power is up to you, perhaps the most important choice of your life. I suspect that you have realized how radically different nature intended for us to use our mind and live life versus the way we have been taught. You can probably see quite clearly now why your life is the way it is, the good, the bad and the ugly, and how much different it can be if you live in accordance with the truth about yourself.

If you have been practicing what you have learned throughout the program, doing the things that raise your vibration, you must see some degree of positive change in your life. You have to because your life experience can only ever be equal to your vibration. It’s really just like changing the station

on your radio, if you switch to a different frequency; you are going to hear different music.

Of course to continue to get the benefits of shifting your vibration, you must continue to practice what you have learned until you have mastered it; made it a habit. That will enable you to stay in a high vibration versus slipping back into the old ways. Whether you are learning about vibration (emotional) mastery or mastery of any other subject the process is this; you commit to study, and then you practice by using it every day. By practicing you get experience, and if you make a mistake, you review and reapply what you have learned until you get the results you want and thereby master the subject. To summarize, we get to mastery through study, practice, experience, correction and then repetition. Once we master the subject it simply becomes part of our natural thinking and living, our mind literally wires our brain to produce the responses related to the training. If you want to be a master of your mind, your emotions and your life, and therefore take charge of your life, you will have to train your mind in the ways you have learned in this program until they become a habit. Once you do, you will then be using your mind as nature intended and therefore live a life as nature intended.

You now a mind mastery tool box full of the tools for shifting your vibration, and the know-how to apply them. If you do what you have learned you will take charge of your life. You also have an “instrument panel” from Week 19 that allows you to keep your mastery in top shape. If you do experience a down turn, the panel can show you what area of mastery needs attention in order for you to return to the results you desire. You are completely empowered to take over your life in every aspect.

If I could summarize the program in a nutshell it would be this, trust, vision, allowing and inspiration. 1) Believe and trust in your power to attract your desires; that the universe is in full support of your success, behind you all the way to express and experience your desires. Also, the universe supports you to continually increase your life experience through expanding ideas and creativity for greater fulfillment and enjoyment for all, 2) know what you want or want more of in vivid detail, why you want it, or more of it and the feelings associated with it. Listen to your heart, your passions, the things that bubble up into your conscious mind that feel good, 3) Turn away from negativity at all times. Stay in the vibration of the truth of you and life, they are both high vibrations. When you do this you are vibrating at the frequency of your desires and by law they must show up in your life. If you pay attention to the negative you are in the vibration that will manifest the subject of that negativity. Detach from it all together and focus your mind on what you want while living all of the elements of a high vibration that you learned in Module 2. 4) Act on inspiration, when it feels right.

Along with the previous summary, I would say be patient, persistent and use repetition. You must realize that there is a good deal of negative momentum in your subconscious mind from the faulty beliefs you have taken on about yourself and life. You cannot change them in an instant; you must slow them down, down, down, until one day your new beliefs take over. That being said, as that negative momentum slows down you will see subtle changes that will grow as you move to a new high frequency? This process is not an on / off switch, it is one of gradual change. Think of boiling water, you apply heat and the temperature of the water increases bit by bit until it boils, it does not boil as soon as you apply the heat.

To illustrate how changing our vibration changes our life, consider the following situation. I read it some time ago in another book related to personal empowerment. You will see the law of vibration is at work as of course it always is. There was a lady who worked in an office. She felt everyone was unfriendly to her in one way or another and it just made going to work very unpleasant. We know from the information in this program that she attracted, through her chosen vibration (conscious or unconsciously) that experience. Anyway, it became so intolerable that she decided to give two weeks notice that she was leaving the job. The thought of leaving put her in a very happy state (high vibration) to know that she would no longer be subjected to the attitudes in that environment. Each day she went to work after her decision, she started to ignore all of the negativity and simply remained in the happy feeling that it was very quickly coming to an end. Unknowingly she used two very important principles of vibrational change 1) she focused on the feeling of happiness 2) she ignored and detached from the negativity; she turned away from it altogether. Knowing she was leaving gave her emotional leverage to cut the emotional ties. She noticed, day by day, as she got closer to her leaving date that her coworkers were getting increasingly friendlier and much to her own surprise, she found herself actually looking forward to going to work. By the end of two weeks when she was supposed to leave the job, she was so happy with her work experience that she decided to stay! What really happened here? As you now know, she changed her vibration and therefore the world around her had to change to match it. That is the only way our life will ever change for us. So the message here is to detach from negativity and practice the elements of a high vibration that you have learned in this program. If you do this, no matter the circumstances, your world must change to match that vibration, it is the law of vibration. The law of

vibration will cause you to experience an equal vibration, whether you move, or others change.

Did you ever hear the phrase God helps those who help themselves? This expression like others has its association in the world of energy. You could say it like this; vibration helps those who help themselves. And indeed it does as you have learned. You now know that formless energy is always ready to take the form we impress upon it, but you must help yourself by issuing the impression that will cause the result you want. The formless energy is there and waiting for your command, but it will not move without your command. The reality is that we are constantly issuing commands because virtually every conscious moment, we are in a feeling (the command), so the magic is to be aware of the commands we are issuing. Once we become conscious of the commands we are issuing, we realize that this formless energy will serve us in what ever ways we like as long as we are using it in accordance with the universal laws you have seen in this program.

As a means to gauge the change in yourself from when you started this program until now, you might want to have a quick look at your work from Week 1 where you stated what you don't like, as a means to clarify what you do. How many of those don't likes have disappeared or are fading or changed in some way or you simply realize that you don't have to live with anymore. You are now empowered to cause what you do like to come into your life experience. See the diagram called "Life Change with Vibration" at http://highervibrationsnow.com/?page_id=1170 to get a better idea of how your life changes with respect to the law of vibration.

You may not be a master of your mind yet but you have the knowledge on how to do so and you now know it is your duty to do so; not only for you

but for the sake of all of humanity which you are part of. It is your duty to raise your vibration, follow your heart and influence others to do the same. To become the master of your mind, you must do the retraining that you have been exposed to in this program. Yes you are in training to learn about the natural faculties of your mind and how to effectively apply them. Each day you can ask yourself. ***Am I trained or untrained?*** A trained mind will give you peace with how you handle the things in your day and your life in general; an untrained mind will lack it.

As has been mentioned many times in this program, we have been given and accepted many beliefs about life and our self which are mostly fear based. Through lack of awareness, we allow these faulty beliefs to control our thinking and therefore our life. Think about that, our beliefs, which we did not knowingly accept, and are faulty, are controlling our life. That is a huge wake up call. You must absolutely break free of the fear based beliefs; they are like chains around your hands and feet. The only way to do this is through knowledge and study of the truth and then application of it until you master it. This is the importance of Week 19; it helps you to know where you are with your level of mind mastery, therefore, I highly suggest that you use it frequently until you are firmly planted in your new way of thinking and acting.

Exercise 1 of 2 – Knowing who you really are

Mind Mastery Area 1

Since knowing the truth is so vital to your success, below are 5 questions to help you connect with it. Once you can answer them as quickly, accurately, genuinely and easily as you can tell someone your name, it is a good sign that you know who you really are; the power you have and the support for your success. In this knowing, fear will dissolve and be replaced by faith,

belief and confidence. This will allow you to express your true self and live the fulfilling life that you came here for, you will be taking charge of your life.

Who are you?

I am a powerful creative being with the ability to manifest anything I choose.
I have access to an unlimited supply (energy) from which I can manifest.
I have the faculties to command energy into form by choosing my vibration (feelings).
I have the full support of nature for my success.

What is your treasure?

It is my natural gifts and talents and my unique purpose to use them. I am unique and therefore the only one that can deliver what is in me, that is seeking expression through me.

What is your highest priority?

To express my gifts and talents in the service of others and to constantly reach for the best feeling I can find, I must chronically care about how I feel and not allow anyone or anything to take me to a low vibration.

What is your duty?

It is my duty to contribute to universal harmony. I do this by living in alignment with the attributes of my source self and purpose which inherently keeps me in a high vibration, and therefore in a life of fulfillment. It also enables me to contribute to others for their fulfillment. This results in everyone living in harmony which then causes universal harmony. This is a fundamental urge within universal intelligence.

How does the universe support you?

1) Supply and demand is a naturally occurring balance in the universe for order and harmony. Therefore, what I innately desire to express (supply) others want to receive (demand). 2) The universe brings to me what I desire using the law of vibration, and guides me to my desire using my emotional guidance system, and intuition.

To sum up this program, it is to get you to know who you really are. In that knowing, you will know why things are the way they are and what you can do to change any aspect of your life. You will know that your life was meant to unfold as easily and effortlessly as a flower; completely secure, certain and confident in a fulfilling life. It will allow you to ignore the negativity in the world and instead shine your light and cause there to be more light in the world. That is what will allow us all to live in love and peace. In fact you will come to realize that the negativity you see is only a reflection of your beliefs about reality. There is not one world, we each have our own world that tends to intersect with some others at certain points of common beliefs. In other words, we are not in the world, the world is in us. Any one that understands the laws, knows that the more people who shine their light, the better for them and for all to see that the world they are in is the one they choose. When we live in alignment with our source self, sickness and disease cannot exist, pain and dissatisfaction cannot exist. They can only exist in the presence of lower vibrations (from misalignment). Higher vibrations support a healthy body and a healthy life.

Let me leave you with this thought. Embrace this truth and you will embrace all of the beauty that this universe is and all that your life was meant to be.

No matter who I thought I was, no matter what anyone else has said about who I am, from now on when I think of me this is what I know. I am an extension of the loving, abundant, pure, whole, complete and creative intelligent energy of the universe, therefore, I am a loving, pure, whole, complete, abundant, creative and intelligent energy being. Because of my very nature I am powerful, beautiful, fabulous, wonderful, fit, healthy, and luminous. As an energy being I can set my energy frequency (vibration) to any level I choose. For this reason I can attract anything I choose into my life because the law of vibration is in place to cause like energy frequencies to draw to one another. I also have unique gifts and talents and a unique purpose to express them in terms of my personal fulfillment and to allow me to serve others in their fulfillment. My body and 5 senses are simply to allow me to experience what I cause to be attracted into my life. I have an emotional guidance system and an intuitive guidance system that help me to navigate to my desires. These systems enable me to maintain alignment with the attributes of my true and natural self. In terms of the physical part of my total self, I simply only need to express my gifts, talents and passions in the service of others, and act on inspiration to experience what I asked for.

Knowing this truth about who I am and my relationship to the universe, it allows me to be kind, loving, compassionate, supportive, helpful and accepting of myself and others. It allows me to have fun and be relaxed as I move through life, always growing, learning, and correcting as needed to achieve my innate dreams and desires and helping others to do the same. That’s who I am.

Exercise 2 of 2 – Awareness of what you are practicing

Mind Mastery Area 3

Here is a list of things that you have been asked to practice throughout the program. You can print it and put in a place where you can see it in the morning and in the evening. This will raise your awareness of what you want to practice and how effective you are at doing so.

Practice the following:

- Ending the day with appreciation and acknowledgement for who you really are
- Ending the day with appreciation for all that you have and all that you imagine
- Starting the morning with appreciation and quiet time to receive insights and inspirations
- Finding something that feels good regardless of what is going on in the physical world
- Having a list of things that felt really good when they happened so you can remember that feeling
- Having a list of things that feel really good to think about
- Using what you don’t like to clarify what you do then reaching for thoughts>feelings that equal it
- Seeing the good in absolutely everything
- Seeing what you want to see (with your conscious imagination) instead of what is
- Being grateful for every little and big thing
- Accepting all of your circumstances as what you manifested with your vibration
- Being grateful for all situations and people for showing you your vibration

- Realizing that when you stop responding to something you don’t like, it will change
- Showing appreciation for all that you have and all that you know is manifesting
- Knowing and trusting the universal laws
- Knowing the truth about you and about abundance
- Giving to others and yourself
- Expressing and letting others know the good things you feel about them - regularly
- Bringing out the best in people
- Seeing the good in people even when their behavior is unpleasant
- Doing your best at everything you do
- Abundance
- Telling your story
- Following your heart
- Visualizing, writing down your world
- Ignoring, pretending, fake it to make, act as though you are
- Listening to your intuition
- Making your highest priority about how you feel
- Making everything OK, alright because it is simply a manifestation, anything can change
- Using your feelings as a guidance system
- Using negative feelings to tell you that you need to shift thinking into alignment with source and desires
- Using positive feelings to confirm you are in alignment with source and desires
- Chilling out, not taking yourself seriously or life for that matter

- Acceptance of things the way they are which frees up your focus to be on what you want
- Defenselessness – allow everyone to have their point of view and to be different than yours
- Detachment
- Non judgment
- High vibration words
- Seeing people as becoming
- Talk about people as becoming
- Letting people know you care
- Influencing people to look for what they want in what they don’t want and raising to that vibration
- Taking yourself out of low vibration conversations and anything that takes you to a low vibration
- Communicating how you feel
- Communicating needs
- Meditation or some quite time of distraction from negative feeling thoughts
- Expressing your self, expressing what you feel
- Being thankful and taking responsibility for the vibrational messages others bring to you with their words and behaviors, no matter what they are
- Using the negative messages you receive from others and circumstances only to shift your vibration
- Taking responsibility for a high vibration response no matter how others treat you
- Rants that have no resistance, generally are easy to feel good about

- Understanding that others only bring to you what you vibrationally ask for
- Self love, acceptance, worth, value, esteem, image
- Self care for the dual purpose of self fulfillment and service to others
- Understanding others point of view
- Talking, thinking, feeling, acting in alignment with source
- Release resistance - turn away, walk away, drive away from all negativity and fill your mind with what feels good
- Acting on inspiration

Questions

1) How do we typically learn to use our conscious mind versus the way that nature intended for us to use it?
2) When the quality of your life changes whether up or down, what had to have changed first? And who changed it?
3) What is the process to become the master of your mind? How do you know when you are the master of your mind?
4) What happens when you pay attention to negativity? What must you do about it and why?
5) Why don’t you need to think about how your vision will come to you? In fact why do you need to stay away from thinking about how your vision will come to you?
6) How is it that energy helps those who help themselves?
7) What can you say about the relationship between the rate of change in your dominant vibration compared to the rate of change in your life? Why is it important to understand this relationship?
8) Why do you have a duty to raise your vibration?

9) What is the difference in our life when we have a trained mind versus an untrained mind?
10) What is the key to overcoming fear? Why do you need this key to take charge of your life?
11) What are two base elements that will bring your dreams and desires to you?
12) Why is it easy to love others once you operate from the laws that govern the universe?
13) What does it tell you when you remain calm and at peace versus reacting with negative feelings upon encountering an unpleasant or unwanted situation?
14) How can our life be compared to a flower?
15) What is the truth about you?

ARE YOU TRAINED, a master of your mind and life or UNTRAINED, still practicing to be the master of your mind and life. You will always know by the satisfaction level in the various areas of your life. When your physical life is not equal to what you want (your vibrational life), that is because the dominant vibration in your conscious mind is not at the level of what you desire. This is where you use your tool box to boost your vibration. When your life is flowing as you like then you know that your conscious mind vibration is a match to what you want.

Be sure to use your monitors when things are not going your way to determine where you need more practice in the 4 areas of mind mastery. Then use your tool box of exercises and material by mind mastery area (or back of the book reference of exercises and material for each mind mastery area) to get this practice. This will tune your vibration back into alignment with source and with your desires. Once you do that, things will start to

manifest as you want. You now have everything you need to take charge of your life and make it as you want it to be. Your life satisfaction is now in your hands.

My Website Articles Referenced

The Missing Pieces http://highervibrationsnow.com/?page_id=140
The Truth of Abundance http://highervibrationsnow.com/?page_id=348
Patience – The Road to Your Dreams http://highervibrationsnow.com/?page_id=403
Fear versus Faith http://highervibrationsnow.com/?page_id=462

Why Everything is OK
http://highervibrationsnow.com/?page_id=1368

Using Your Emotional Guidance System http://highervibrationsnow.com/?page_id=1431
The Road To Your Dreams http://highervibrationsnow.com/?page_id=1122
50 plus ways to maintain a high vibration when everything around you is not http://highervibrationsnow.com/?page_id=1484
Retraining your vibration http://highervibrationsnow.com/?page_id=1535
Vibration Indicator Article http://highervibrationsnow.com/?page_id=92
Law of Vibration and Attraction Cycle http://highervibrationsnow.com/?page_id=1071

My Website Diagrams Referenced (by diagram)

Diagram Description / Website location

Book Section

Action and Attraction http://highervibrationsnow.com/?page_id=1105

Week 18 - Taking Action to Receive Your Desires **Choosing Our Life Circumstances** http://highervibrationsnow.com/?page_id=1424

Week 10 – The High Vibration of Living in the Present Moment **Choosing Our Life** http://highervibrationsnow.com/?page_id=902

Week 17 – Nurturing Your Desires **Effect of Emotions** http://highervibrationsnow.com/?page_id=1531

Higher Vibrations Program Introduction Emotional Guidance System Program Article **Life Cycle** http://highervibrationsnow.com/?page_id=792

Higher Vibrations Program Introduction **Life Change with Vibration (graph and scale)** http://highervibrationsnow.com/?page_id=1170

Higher Vibrations Program Introduction Week 17 – Nurturing Your Desires Week 20 – Program Summary **Living in the Light** http://highervibrationsnow.com/?page_id=1016

Week 17 – Nurturing Your Desires **Self Alignment** http://highervibrationsnow.com/?page_id=1417

Preparing to take charge of your life Week 14 – Waking up to Your Purpose Week 14s – Waking up to Your Purpose Supplemental Information **The Effect of the Missing Pieces** http://highervibrationsnow.com/?page_id=839

Higher Vibrations Program Introduction **The Law of Vibration and Attraction Cycle** http://highervibrationsnow.com/?page_id=1065

Week 3 – Are Your Beliefs Serving YOU

Week 4 – A New Declaration, Setting the Direction for Your Life Week 13 – High Vibration Review and Reflection Week 17 – Nurturing Your Desires **The Law of Vibration and Attraction Life Cycle** http://highervibrationsnow.com/?page_id=1079

Week 4 - A New Declaration, Setting the Direction for Your Life **The Power of Choice** http://highervibrationsnow.com/?page_id=794

Week 16 – Attracting Your Desires **The Road to Your Dreams** http://highervibrationsnow.com/?page_id=1122

Week 5 - Review, Reflection and Further Alignment with Your True Self **What Causes What Happens in Our Life** http://highervibrationsnow.com/?page_id=1188

Week 16 – Attracting Your Desires **What Frequency are you on** http://highervibrationsnow.com/?page_id=1441

Week 17 – Nurturing Your Desires **Which Flower are You** http://highervibrationsnow.com/?page_id=842

Higher Vibrations Program Introduction **Other Diagrams Moving from Negative to Positive Vibration** http://highervibrationsnow.com/?page_id=1414

Emotional Guidance System Program Article

My Website Diagrams Referenced (in order of book)

Book Section / Diagram Description / Website location

Preparing to take charge of your life

Self Alignment	http://highervibrationsnow.com/?page_id=1417

Higher Vibrations Program Introduction

Which Flower are You	http://highervibrationsnow.com/?page_id=842

Effect of Emotions	http://highervibrationsnow.com/?page_id=1531

Life Cycle	http://highervibrationsnow.com/?page_id=792
Life Change with Vibration (graph and scale)	http://highervibrationsnow.com/?page_id=1170
The Effect of the Missing Pieces	http://highervibrationsnow.com/?page_id=839

Week 3 – Are Your Belief's Serving You?

The Law of Vibration and Attraction Cycle	http://highervibrationsnow.com/?page_id=1065

Week 4 – A New Declaration, Setting the Direction for Your Life

The Law of Vibration and Attraction Life Cycle	http://highervibrationsnow.com/?page_id=1079

Week 5 – Review, Reflection and Further Alignment with Your True Self

The Road to our Dreams	http://highervibrationsnow.com/?page_id=1122

Week 10 – The High Vibration of Living in the Present Moment

Choosing Our Life Circumstances	http://highervibrationsnow.com/?page_id=1424

Week 13 – High Vibration Review and Reflection

The Law of Vibration and Attraction Cycle	http://highervibrationsnow.com/?page_id=1065

Week 14 – Waking up to Your Purpose

Self Alignment	http://highervibrationsnow.com/?page_id=1417

Week 14s – Waking up to Your Purpose Supplemental Information

Self Alignment	http://highervibrationsnow.com/?page_id=1417

Week 16 – Attracting Your Desires

The Power of Choice	http://highervibrationsnow.com/?page_id=794
What Causes What Happens in Our Life	http://highervibrationsnow.com/?page_id=1188

Week 17 – Nurturing Your Desires

Choosing Our Life	http://highervibrationsnow.com/?page_id=902

Living in the Light	http://highervibrationsnow.com/?page_id=1016
Life Change with Vibration (graph and scale)	http://highervibrationsnow.com/?page_id=1170

What Frequency are you on	http://highervibrationsnow.com/?page_id=1441
The Law of Vibration and Attraction Cycle	http://highervibrationsnow.com/?page_id=1065

Week 18 - Taking Action to Receive Your Desires

Action and Attraction	http://highervibrationsnow.com/?page_id=1105

Week 20 – Program Summary

Life Change with Vibration (graph and scale)	http://highervibrationsnow.com/?page_id=1170

Other Diagrams

Emotional Guidance System Program Article

Effect of Emotions	http://highervibrationsnow.com/?page_id=1531
Moving from Negative to Positive Vibration	http://highervibrationsnow.com/?page_id=1414

Program Exercises Summary by Week

MODULE 1

WEEK 1 – Discovering Your True Self Exercise 1 – Figuring out what you really want and like

Exercise 2 – What do I want more of
Exercise 3 – Filling your mind with what you want and like Exercise 4 – Setup the “Feels Good” list
Exercise 5 – Setup the “Success” list
Exercise 6 – Setup the “Feels Good To Think About” list **WEEK 2 – Your Life Satisfaction Indicator** Exercise 1 – Rating the satisfaction level of the various areas of your life Exercise 2 – Set up a “Words of Attraction” list

Exercise 3 – Setup a “Good Qualities” list
Exercise 4 – Setting your attention and focus (stream of thoughts) Exercise 5 – Choosing Empowering Perspectives **WEEK 3 - Are your beliefs serving you?**
Exercise 1 – Converting your beliefs to the truth
Exercise 2 – Converting your fears to faith

WEEK 4 – A New Declaration, Setting Your Direction Exercise 1 - Declaring your new direction with intention

Exercise 2 – Identifying triggers that take you to a low vibration Exercise 3 - Choosing a new response
Exercise 4 – Making choices

Exercise 5 – Choosing what you want to see (In my world) **WEEK 5 – Review, Reflection and Your True Identify** Exercise 1 – Impressing your desires

Exercise 2 – You are special and unique
Exercise 3 – Setup an “I am” list
Exercise 4 – Identification with your true self (source)
Exercise 5 – Detaching from taking things personally **MODULE 2**

WEEK 6 – Fertilizing the Soil – The High Vibration of Abundance Exercise 1 – Acknowledging the abundance in your life

Exercise 2 - Understanding how you are closing the doors of abundance Exercise 3 – Keeping the doors of abundance open **WEEK 7 – Fertilizing the Soil – The High Vibration of Gratitude and Thankfulness** Exercise 1 – Acknowledging what you have to be grateful for Exercise 2 – Turning the unwanted into the wanted
Exercise 3 – Changing negative reactions into positive responses Exercise 4 – Tracking your effectiveness to turn from a negative feeling to a positive **WEEK 8 – Fertilizing the Soil – The High Vibration of Doing Your Best** Exercise 1 – Doing your best monitor
Exercise 2 – Focusing on what is right, the “What’s Right” list Exercise 3 – Why everything is OK as it is
WEEK 9 – Fertilizing the Soil – The High Vibration of Giving, Understanding, and Compassion Exercise 1 – The act of giving to others

Exercise 2 – The act of giving to yourself
Exercise 3 – Awareness of positive contributions **WEEK 10 – Fertilizing the Soil – The High Vibration of Living in the Present Moment** Exercise 1 – Tracking your effectiveness to keep your mind in the present moment

Exercise 2 – Present moment thinking satisfaction indicator Exercise 3 – Replacing fear with faith and trust **WEEK 11 – Fertilizing the Soil – High Vibration People** Exercise 1 – The people in your life, interpreting the message Exercise 2 – Responding versus reacting

Exercise 3 – Your support team

WEEK 12 – Fertilizing the Soil – High Vibration Life Style Exercise 1 – Monitoring and adjusting the vibrational inputs of your day **WEEK 13 – Fertilizing the Soil – Review and Reflection** Exercise 1 – Finding new high vibration responses **MODULE 3**

WEEK 14 – Identifying the Type of Crop – Waking up to Your Purpose Exercise 1 – Finding your true identify and purpose **WEEK 15 – Selecting the Specific Seeds for planting – Preparing Your Desires** Exercise 1 – Creating statements to attract your specific desires Exercise 2 - Creating your dreams in pictures **WEEK 16 – Planting the Seeds of Desire - Attracting Your Desires** Exercise 1 – Giving momentum to the attraction of your desires Exercise 2 – Monitoring the attraction process **WEEK 17 – Nurturing Your Seeds – Nurturing your Desires** Exercise 1 – Tracking your vibration and focus

Exercise 2 – It’s a new day

WEEK 18 – The Harvest – Acting to Receive Your Desires Exercise 1 – Writing out your list of priorities

Exercise 2 – Tracking your effectiveness in feeling good
Exercise 3 – Acting through fear
Exercise 4 – Acting in harmony with what you want to attract Exercise 5 – Acting on the good
Exercise 6 – Act as though you are

Exercise 7 – Acting on your intuition

Exercise 8 – Acting with all of your heart and soul **WEEK 19 – Taking Care of the Farm – Monitoring Your Status of Taking Charge of Your Life** Exercise 1 – Monitoring your mind mastery effectiveness **WEEK 20 – Program Summary** Exercise 1 – Knowing who you really are

Exercise 2 – Awareness of what you are practicing

Program Exercises Summary by Mind Mastery Area

To take charge of your life, which means being, doing and having what you want, you must take charge of your vibration. To take charge of your vibration means you must take charge of what you think about, how you think about it and how you feel about it regardless of appearances and conditions. This is what I call mind mastery; the intentional choice of thoughts, feelings and therefore vibration, again no matter what is happening in your physical world in any present moment.

To be the master of your mind, in Week 19 of the program, I have identified what I consider to be the 4 areas of knowledge and know-how that constitute total mind mastery. Mastering each area is what enables you to be the total master of your mind. How do you know if you have mastered each area and therefore are the master of your mind? On my website, in the questionnaires section, there is a monitor for each area of mind mastery. Each monitor helps you to identify how proficient you are in that area. Once you review the monitors, if you find that you need to improve your proficiency in any area, it is simply a matter of revisiting the exercises throughout the program that pertain to that area of mind mastery. To help you with this process, below is a list of all program exercises categorized by the 4 areas of mind mastery. Also in each area I included the diagrams and articles that pertain to that area as well.

If you followed the recommendation at the beginning of the book in terms of organizing the exercises into your own personal mind mastery and

empowerment tool box for quick reference, it will be easy to locate and review your completed exercises in each of the mind mastery areas below. It will also allow you to expand on them as they are living exercises that grow with your life. If you have not grouped your exercises by mind mastery category, this would be a great time to do so because you can use the monitors and your tool box for the rest of your life to maintain yourself as the master of your mind and therefore live the life you desire.

Here are the areas of mind mastery.

Mind Mastery Area 1 - Knowing Your True Self

Week	Exercise	
2	**3**	Setup a “Good Qualities” list
3	**1**	Converting your beliefs to the truth
3	**2**	Converting your fears to faith
5	**2**	You are special and unique
5	**3**	Setup an “I am” list

5	**4**	Identification with your true self (source)
6	**1**	Acknowledging the abundance in your life
14	**1**	Finding your true identity and purpose
20	**1**	Knowing who you really are

Articles The Missing Pieces

http://highervibrationsnow.com/?page_id=140

The Truth of Abundance
http://highervibrationsnow.com/?page_id=348

Fear Versus Faith
http://highervibrationsnow.com/?page_id=462

The Road to Your Dreams
http://highervibrationsnow.com/?page_id=1122

Diagrams Life Cycle

http://highervibrationsnow.com/?page_id=792

The Power of Choice
http://highervibrationsnow.com/?page_id=794

The Effect of the Missing Pieces http://highervibrationsnow.com/?page_id=839
Which Flower are You
http://highervibrationsnow.com/?page_id=842

Choosing Our Life
http://highervibrationsnow.com/?page_id=842

Living in the Light
http://highervibrationsnow.com/?page_id=1016

What Causes What Happens in Our Life http://highervibrationsnow.com/?page_id=1188
Self Alignment
http://highervibrationsnow.com/?page_id=1417

Mind Mastery Area 2 - Knowing and Telling your Story (your dream or ideal life)

Week	Exercise	
1	**1**	Figuring out what you really want and like
1	**2**	What do I want more of
4	**1**	Declaring your new direction with intention

5	**1**	Impressing your desires
15	**1**	Creating statements to attract your specific desires
15	**2**	Creating your dreams in pictures

Mind Mastery Area 3 - Maintaining a High Vibration (awareness of feelings and shifting to high vibration) Awareness of feelings

Week	Exercise	
1	**3**	Filling your mind with what you want and like
2	**1**	Rating the satisfaction level of the various areas of your life
2	**5**	Choosing empowering perspectives
4	**2**	Identifying triggers that take you to a low vibration
4	**4**	Making choices

6	**2**	Understanding how you are closing the doors of abundance
7	**4**	Tracking your effectiveness to turn from a negative feeling to a positive
8	**1**	Doing your best monitor
9	**3**	Awareness of positive contributions
10	**1**	Tracking your effectiveness to keep your mind in the present moment
10	**2**	Present moment thinking satisfaction indicator
16	**2**	Monitoring the attraction process
18	**2**	Tracking your effectiveness in feeling good
19	**1**	Monitoring your mind mastery effectiveness
20	**2**	Awareness of what you are practicing

Shifting to a High Vibration

Week	Exercise	
1	**4**	Setup the “Feels Good” list
1	**5**	Setup the “Success” list
1	**6**	Setup the “Feels Good To Think About” list
2	**2**	Setup a “Words of Attraction” list
2	**4**	Setting your attention and focus (stream of thoughts)
4	**3**	Choosing a new response
4	**5**	Choosing what you want to see (In my world)
5	**5**	Detaching from taking things personally
6	**3**	Keeping the doors of abundance open

7	**1**	Acknowledging what you have to be grateful for
7	**2**	Turning the unwanted into the wanted
7	**3**	Changing negative reactions into positive responses
8	**2**	Focusing on what is right, the “What’s Right” list
8	**3**	Why everything is OK as it is
9	**1**	The act of giving to others
9	**2**	The act of giving to yourself
10	**3**	Replacing fear with faith and trust
11	**1**	The people in your life, interpreting the message
11	**2**	Responding versus reacting

11	**3**	Your support team
12	**1**	Monitoring and adjusting the vibrational inputs of your day
13	**1**	Finding new high vibration responses
16	**1**	Giving momentum to the attraction of your desires
17	**1**	Tracking your vibration and focus
17	**2**	It’s a new day
18	**1**	Writing out your list of priorities

Articles Patience – The Road to Your Dreams http://highervibrationsnow.com/?page_id=403

Why Everything is OK
http://highervibrationsnow.com/?page_id=1368

Using Your Emotional Guidance System http://highervibrationsnow.com/?page_id=1431

50 Plus ways to Maintain a High Vibration

http://highervibrationsnow.com/?page_id=1122

Retraining Your Vibration
http://highervibrationsnow.com/?page_id=1535

Diagrams The Law of Vibration and Attraction Cycle
http://highervibrationsnow.com/?page_id=1065

The Law of Vibration and Attraction Life Cycle
http://highervibrationsnow.com/?page_id=1079
Life Change with Vibration
http://highervibrationsnow.com/?page_id=1170

Moving from Negative to Positive Vibration
http://highervibrationsnow.com/?page_id=1414
Choosing Our Life Circumstances http://highervibrationsnow.com/?page_id=1424
What Frequency are you on
http://highervibrationsnow.com/?page_id=1441

Effect of Emotions
http://highervibrationsnow.com/?page_id=1531

Mind Mastery Area 4 - Actions in a Universe of Vibration

Week	Exercise
18	**3** Acting through fear

18	**4**	Acting in harmony with what you want to attract
18	**5**	Acting on the good
18	**6**	Acting as though you are
18	**7**	Acting on your intuition
18	**8**	Acting with all of your heart and soul

Diagrams Action and Attraction

http://highervibrationsnow.com/?page_id=1105

Books and Reference Material

You Can Heal Your Life	Louise Hay
The Power Within	Louise Hay
The Silva Mind Control Method	Jose Silva
The Emotion Code	Dr. Bradley Nelson
The Seven Spiritual Laws	Deepak Chopra M.D.
Quantum Healing	Deepak Chopra M.D.
Perfect Health	Deepak Chopra M.D
Creating Health	Deepak Chopra M.D
Ageless Body, Timeless Mind	Deepak Chopra M.D
Return of the Rishi	Deepak Chopra M.D
Unconditional Life	Deepak Chopra M.D
Hidden Messages in the Water	Dr. Masaru Emoto
E Squared	Pam Grout
Power vs Force	Stephen R. Hawkins M.D., Ph.D.
Law of Attraction	Michael J Losier
Taming Your Gremlin	Rick Carson
Authentic Happiness	Martin E. P. Seligman Ph.D.
Changing for Good	James O. Prochaska, PH.D., John C. Norcross, PH. Carlo C. Diclemente, PH. D.
The Road Less Travelled	M. Scott Peck M.D.
People Of The Lie	M. Scott Peck M.D.

A New Earth	Eckhardt Tolle
The Four Agreements	Don Miguel Ruiz
Psycho-Cybernetics for Creative Living	Maxwell Maltz M.D., F.I.C.S
Psycho-Cybernetics	Maxwell Maltz M.D., F.I.C.S
Living in the Light	Shakti Gawain
Creative Visualization	Shakti Gawain
Who Moved My Cheese	Spencer Johnson, M.D.
Getting Well Again	O. Carl Simonton M.D.
Zapp, the Lightening of Empowerment	William Cl Byham, Ph., D.
How to Get What You Want And Want What You Have	John Gray
Creating Heaven on Earth	Robert M. Oates Jr.
Science of Being and Art of Living	Maharishi Mahesh Yogi
Bhagavad-Gita Chapters 1-6	Translated by Maharishi Mahesh Yogi
Shambala	Chogyam Trungpa
Pulling Your Own Strings	Dr. Wayne Dyer
Your Erroneous Zones	Dr. Wayne Dyer
You'll See It When You Believe It	Dr. Wayne Dyer
Your Sacred Self	Dr. Wayne Dyer
Real Magic	Dr. Wayne Dyer
The Power of Intention	Dr. Wayne Dyer

Manifest your Destiny	Dr. Wayne Dyer
Total Self Confidence	Dr. Robert Anthony
Magic Power of Super Persuasion	Dr. Robert Anthony
Total Success	Dr. Robert Anthony
The Power of Your Subconscious Mind	Dr. Joseph Murphy
The Power of Positive Living	Norman Vincent Peale
Siddhartha	Hermann Hesse
Think and Grow Rich	Napolean Hill
The Seven Habits of Highly Effective	Stephen R. Covey

People

Born for Love	Leo Buscaglia
Mans Search For Meaning	Viktor E. Frankl M.D., Ph.D
Hands on Healing	Editors of Prevention Magazine
Awaken the Giant Within	Anthony Robbins
Unlimited Power	Anthony Robbins
Circle of Innovation	Tom Peters
Emotional Intelligence	Daniel Goldman
How to Win Friends and Influence People	Dale Carnegie

Programs and other

Love or Above	Christie Marie Sheldon
The Emotion Code	Dr. Bradley Nelson
The Body Code System	Dr. Bradley Nelson
Feel Free to Prosper	Marilyn Jennet
21 Day Abundance Meditation	Deepak Chopra
The Secret Science of Getting Rich	Bob Proctor, Michael Beckwith, Jack Canfield * based on the book The Science of Getting Rich by Wallace Wattles
Transcendental Meditation	Maharishi Mahesh Yogi
The Secret	Ronda Burne
What the Bleep Do We Know	William Arntz Matthew Hoffman Betsy Chasse Mark Vicente

Recordings of Abraham Hicks

Interviews and talks – Gregg Bradon